Pre-Session Readiness Assessment

For the Husband to Complete

Before You Begin

This is a private, personal reflection — not a test.
There are no right or wrong answers. Please do not share your answers with your spouse before your session together. This space is just for you.

Please answer honestly and from the heart. Some questions give you a few options to choose from — simply place an X or check mark (☐) next to the option that feels most true for you right now. If none of the options quite fit, choose "Other" and write your own answer in your own words.

A few questions at the end are open-ended. Take your time with those. Write as much or as little as feels right — there's no minimum or maximum. What matters most is that it's honest.

There is no wrong way to feel. This is simply a starting point for the conversation we'll have together.

Husband's Questions

1. Investment / Continuation

When you picture your marriage five years from now, is your wife still standing next to you in that picture — or have you stopped letting yourself imagine that far ahead?

- ☐ **A)** Yes, clearly — I can picture it easily
- ☐ **B)** I want that to be true, but I'm not sure anymore
- ☐ **C)** Honestly, I've stopped picturing it at all
- ☐ **Other (in your own words):** _____

2. How I Talk About Her

When you talk about your wife to other people — even in your own head — do you still hear respect in your voice, or has it started to sound like sarcasm, eye-rolling, or "here we go again"?

- ☐ **A)** Still respect, even when I'm frustrated
- ☐ **B)** Mostly respect, but it slips sometimes

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☐ **C)** Honestly, it's turned into something closer to contempt

☐ **Other (in your own words):** _____

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3. Looking Backward

If the way you react to your wife right now is connected to something that happened to you long before you met her — possibly in your own childhood home — would you be willing to go looking for it, even if it's uncomfortable?

☐ **A)** Yes, I'm ready to look at that

☐ **B)** I'm willing, but it makes me nervous

☐ **C)** I'd rather focus on the present, not the past

☐ **Other (in your own words):** _____

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4. How I Show Love

If providing financially has been your way of proving your love, what does it bring up in you to hear that she needs something from you that money can't buy?

☐ **A)** I understand and I'm willing to show up that way too

☐ **B)** It's uncomfortable, but I know she's right

☐ **C)** Honestly, it's frustrating — I feel like what I already give should be enough

☐ **Other (in your own words):** _____

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5. When Things Get Tense

When things get tense, do you find yourself going quiet, walking away, or "shutting the door" — and if so, what are you actually protecting when you do that?

☐ **A)** Rarely — I stay engaged even when it's hard

☐ **B)** Sometimes, and I know I need a moment before I shut down completely

☐ **C)** Often — and I don't usually come back to finish the conversation

☐ **Other (in your own words):** _____

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6. Doing the Work

If you were given a specific, uncomfortable exercise to do this week — not just a conversation, an actual assignment — would you do it even if you didn't feel like it, and even if she didn't do her part perfectly?

☐ **A)** Yes, without hesitation

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☐ **B)** Yes, but I'd want to know it was worth it
☐ **C)** Only if she's doing her part too
☐ **Other (in your own words):** _____

7. Owning My Part

Can you name one specific way you contribute to the exact pattern you're frustrated by in your marriage — without immediately following it with "but she..."?

☐ **A)** Yes, easily — and I can give a specific example
☐ **B)** I can, but only in general terms
☐ **C)** Honestly, I can't think of anything right now
☐ **Other (in your own words):** _____

8. Investing In This

Is your marriage worth the same level of financial investment you'd put into fixing something at work you considered mission-critical?

☐ **A)** Yes, without question
☐ **B)** Yes, but I'd need to see it's working
☐ **C)** I'm honestly not sure it's worth that level of investment right now
☐ **Other (in your own words):** _____

9. Noticing Her

Think of the last time she reached for you — a comment, a look, a small ask for attention — and you were distracted or dismissive. How quickly do you usually notice when this happens?

☐ **A)** In the moment, right away
☐ **B)** Shortly after, once I've had a moment to think
☐ **C)** Only when it's pointed out to me
☐ **D)** I don't usually notice at all
☐ **Other (in your own words):** _____

10. From the Heart

If your wife left tomorrow, what's the one thing you'd wish you had said to her this week that you didn't?

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Saving Your Document

When you're finished:

1. Save this file to your computer or phone using your own name, for example: FirstName-LastName-Sankofa-Assessment.docx
2. Keep it somewhere you can find it easily — you'll upload it in the next step.

Next Step: Book Your Free Consultation

Once your assessment is saved, please visit the link below to book your complimentary consultation call. You'll find a place to upload your completed assessment right on that page. Both of you can upload your documents when you book the call.

https://sankofaharmony.com/book-a-call

Thank you for taking the time to be this honest with yourself. It's the first real step toward finding your way back to each other.

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