Pre-Session Readiness Assessment

For the Wife 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.

Wife's Questions

1. Investment / Continuation

When you picture your marriage five years from now, are you still in it — or have you quietly started building a version of your future that doesn't include him?

- ☐ **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 started picturing a future without him
- ☐ **Other (in your own words):** _____

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2. How I Talk About Him

When you talk about your husband — even just in your own head — do you still hear the person you chose, or has it started to sound like you're talking about a problem you're managing?

- ☐ **A)** Still the person I chose, even when I'm upset
- ☐ **B)** Mostly, but it slips into frustration sometimes

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☐ **C)** Honestly, it's turned into something closer to managing a problem

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

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3. Looking Backward

If the way you react to your husband right now is connected to something from long before this marriage — possibly from your own family growing up — 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. Carrying It All

If you've been the one holding the household, the children, the calendar, and the emotional temperature of this marriage together — what would it cost you to actually let something drop?

☐ **A)** I'd be relieved — I've wanted permission to stop for a long time

☐ **B)** I'd feel guilty, but I could tolerate it

☐ **C)** I honestly don't think I could let go, even if I tried

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

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5. When He Pulls Away

When you bring something up and he goes quiet or walks away, do you find yourself pushing harder, repeating yourself, or escalating just to get a reaction — and what are you actually afraid will happen if you stop?

☐ **A)** Rarely — I can let a conversation pause without escalating

☐ **B)** Sometimes, and I know I'm afraid of being ignored

☐ **C)** Often — I feel like if I stop pushing, nothing will ever change

☐ **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 on a week you're exhausted, and even if he doesn't do his part perfectly?

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☐ **A)** Yes, without hesitation
☐ **B)** Yes, but I'd want to know it was worth it
☐ **C)** Only if he's doing his 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 he..."?

☐ **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 your child's education, your health, or anything else you consider non-negotiable?

☐ **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 Him

Think of the last time he reached for you — a comment, a touch, an attempt at closeness — and you brushed past it because you were exhausted or resentful. 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

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If you woke up tomorrow and your husband had become exactly the man you've been asking him to be — would you even recognize how to let yourself need him again?

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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.

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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