



The Marriage Drift Assessment

A biblical reflection guide for Christian couples who want to identify drift, reconnect intentionally, and begin rebuilding with truth, grace, and humility.

Most marriages do not collapse overnight. They drift slowly through unresolved tension, emotional distance, poor communication, exhaustion, distraction, and spiritual inconsistency.

This assessment is designed to help couples honestly evaluate where they are today — not to create shame, but to create clarity. Awareness is often the first step toward restoration.

1. Communication & Conflict

■ Do we avoid difficult conversations?

■ Do our disagreements usually end without real resolution?

■ Do either of us become defensive, sarcastic, withdrawn, or dismissive during conflict?

■ Have we stopped communicating honestly about deeper issues?

■ Do we feel emotionally safe talking with one another?

2. Emotional Connection

■ Do we still feel emotionally close?

■ Do we regularly spend meaningful time together without distractions?

■ Have we begun feeling more like roommates than partners?

■ Do we feel understood and valued by one another?

■ Has emotional distance become normal?

3. Spiritual Health

■ Do we pray together consistently?

■ Are we encouraging one another spiritually?

■ Do we prioritize biblical truth in our marriage decisions?

■ Have we drifted spiritually as a couple?

■ Are we growing closer to Christ together?

4. Trust & Intimacy

■ Do we trust each other emotionally and relationally?

■ Are unresolved hurts affecting intimacy?

■ Do we feel pursued, appreciated, and respected?

■ Have resentment or bitterness begun to build?

■ Do we feel connected physically and emotionally?

5. Direction & Intentionality

■ Are we intentionally investing in our marriage?

■ Do we regularly evaluate the health of our relationship?

■ Have routines and stress replaced intentional connection?

■ Do we share clear goals and direction for our marriage?

■ Are we drifting instead of building?

Reflection Questions

- Where do we feel strongest right now?
 - Where have we clearly begun drifting?
 - What conversations have we been avoiding?
 - What patterns need to change?
 - What would intentional rebuilding look like for us?
 - What is one action step we can take this week?
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Begin Rebuilding Intentionally

Marriage drift does not have to become permanent disconnection. With humility, truth, grace, and intentional action, couples can begin rebuilding stronger foundations together.

If your marriage feels disconnected, strained, or stuck in unhealthy patterns, The Marriage Reset was created to help Christian couples reconnect and rebuild intentionally through biblical guidance and practical structure.

Explore The Marriage Reset at FinishTheRace.com