

FICTIONAL INDIVIDUAL SAMPLE

Marriage Health Profile Report

A guided picture of strengths, growth, and one faithful next step

PREPARED FOR

Michael (fictional)

Completed October 1, 2026

This report reflects the responses provided in The Intentional Marriage Health Profile and is designed to support awareness, understanding, and intentional growth.

AWARENESS • UNDERSTANDING • INTENTIONAL GROWTH

Private and confidential

This report is intended for personal growth and educational purposes. It is not a diagnosis, clinical evaluation, or substitute for professional counseling, medical care, or crisis support.

IM

Your starting point

You do not need to absorb the whole report today. Begin with these three things.

A strength to protect
Acceptance

One area to understand
Communication

A small step to practice
Have One Ten Minute Conversation
Where the Only Goal Is to
Understand, Not Explain, Defend, or
Win.

This report reflects your perspective. You can begin with one choice within your control, whether or not your spouse participates.

This fictional preview shows selected insights and a practical conversation. Your purchased report also includes the full assessment detail, personalized guidance, prayer, Scripture, and a 30-day practice plan.

Pause & Reflect

A strength I appreciate in you is... One recent moment I noticed it was...



10/1/2026

individual

Emotional Reactions

SECTION 1 · MARRIAGE PROFILE

Growing Marriage

There is real health here, and there are also patterns asking for care. I would not read that as failure. I would read it as invitation. Your marriage is in a hopeful growth season where one clear focus can create meaningful movement.

WHERE ARE WE?

If we were sitting together, this is the phrase I would use to help you name the season before trying to fix the symptoms.

Marriage does not fix us; it reveals us. That revelation is not meant to produce shame. It gives us a faithful place to begin.

SECTION 2 • MARRIAGE HEALTH SCORE

74%

Strong

Current Health

You do not have to change everything today. Begin with one honest conversation and one small, faithful step.

HOW HEALTHY ARE WE?

This score is a snapshot, not a sentence.

Your marriage has meaningful strength. There are still places to grow, but you are not starting from zero. One focused next step can deepen what is already present.

I would not want you to use this number as your identity or your future. It is simply a starting point. Healthy couples are not couples with perfect scores; they are couples willing to let truth lead them toward growth.

✓ Current Health

✓ Growth Focus

✓ Stable

✓ Needs Attention

SECTION 3 • PRIMARY GROWTH ZONE



Communication

If we were meeting together, I would begin by making the conversation feel safer before trying to solve the problem.

WHY THIS MATTERS

Communication is rarely only about words. It is where fear, need, timing, tone, and trust often meet at the same time. When words feel unsafe, the heart starts protecting instead of revealing.

HOW IT INFLUENCES EVERYTHING ELSE

Strengthening communication will naturally touch conflict, trust, emotional safety, and intimacy because every one of those areas depends on whether both spouses feel heard and handled with care.

WHAT GROWTH HERE CAN PRODUCE

Growth here can produce calmer conversations, clearer understanding, quicker repair, and a greater willingness to stay present when the moment gets hard.



SECTION 4

React vs. Respond Profile™

If we were sitting together, this is where I would slow the conversation down. When fear, wounds, or unmet needs get touched, most of us move toward self-protection before we even realize it. This does not define your marriage; it gives us a place to begin.



PRIMARY REACTIVE PATTERN

Defensive Walls

When you feel emotionally threatened, you may protect yourself by becoming defensive rather than vulnerable.

This is not a label. It is a doorway into understanding. I have seen this pattern many times in marriage: one spouse is trying to protect something tender, but the protection begins creating distance from the person they love.

REACT TO RESPOND JOURNEY



REACT

Defensive Walls

Self-protection moves fast when fear feels louder than connection.



PAUSE

Name the Fear

Slow the moment, pray honestly, and ask what your heart is trying to protect.



TRUTH

Remember Christ

Let what is true become louder than the fear driving the reaction.



RESPOND

Choose Connection

Move toward love, honor, boundaries, responsibility, and commitment.

Transformation rarely happens in the reaction. It happens in the pause. That pause creates space for truth. Truth changes beliefs. Changed beliefs change marriages.

 SCRIPTURE FOR THIS WEEK

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

— 2 Timothy 1:7 (NLT)

WHY THIS SCRIPTURE WAS SELECTED

This passage reminds you that fear does not have to lead the reaction; God's Spirit forms power, love, and self-discipline.

REFLECTION

What would change if love and self-discipline led the first sentence instead of fear?

PRAYER

Lord, help me notice when fear is building a wall. Give me courage to pause, listen, and respond with love instead of protecting myself through defensiveness.

SECTION 5 · ONE FAITHFUL STEP

Start here.

I do not want you to try to change everything this week. Healthy marriages rarely change through giant moments. They change through small intentional decisions repeated consistently.

 THE NEXT STEP

Have one ten-minute conversation where the only goal is to understand, not explain, defend, or win.

This matters because one faithful response interrupts an old pattern. Keep it small enough to repeat. If you practice this one step, you are already moving from information toward transformation.

Foundational Relationship Needs

Four needs that help explain what may be happening beneath a difficult moment.

**Identity**

75%

Strong: Your marriage has a healthy foundation. Keep strengthening the patterns that build trust, connection, and follow-through.

When your identity is securely rooted in Christ, you are less likely to seek your worth from your spouse.

**Purpose**

75%

Strong: Your marriage has a healthy foundation. Keep strengthening the patterns that build trust, connection, and follow-through.

Shared purpose gives a marriage direction beyond daily responsibilities.

**Security**

75%

Strong: Your marriage has a healthy foundation. Keep strengthening the patterns that build trust, connection, and follow-through.

Security creates emotional safety where trust and vulnerability can grow.

**Acceptance**

75%

Strong: Your marriage has a healthy foundation. Keep strengthening the patterns that build trust, connection, and follow-through.

Acceptance reminds us we are loved while still growing.

These fictional scores illustrate how the full report connects everyday reactions with deeper needs. They describe reported experiences, not a measure of your worth or your spouse’s intentions. In your own report, notice which explanation helps you put words to your experience before comparing numbers.

Pause & Reflect

One need I want to put into words is... A small, specific request I could make is...

What to protect and where to grow

Notice what is already working before choosing what needs attention.

Strengths to build on

Acceptance

This matters because your spouse was never meant to be the source of your identity, but they deeply affect whether you feel known, safe, valued, and accepted.

Try this: Ask, 'Which need feels most tender for you right now: identity, purpose, security, or acceptance?'

Baggage Awareness

This matters because many reactions in marriage make more sense when you understand the story that came before them.

Try this: Share one sentence that begins, 'This may be connected to something I learned before we were married...'

Commitment

This matters because couples rarely get stuck from one moment alone. They get stuck when the same small pattern repeats without understanding, repair, or grace.

Try this: Choose one growth area and ask, 'What might be underneath this for you?' Listen without correcting the answer.

Growth opportunities

Communication

In counseling, I often see couples improve quickly when they stop preparing their rebuttal and start listening for the need underneath the words.

Try this: Before your next disagreement, pause and ask, 'Do I want to win this moment, or understand my spouse?'

Tone, Timing, and Listening

In counseling, I often see couples improve quickly when they stop preparing their rebuttal and start listening for the need underneath the words.

Try this: Before your next disagreement, pause and ask, 'Do I want to win this moment, or understand my spouse?'

Repair Conversation Capacity

One common mistake is assuming the conversation is over because the argument stopped. Peace often requires repair, not just silence.

Try this: After your next tense moment, come back and say, 'I want to repair that. Can we try again?'

An optional companion for the journey

The Intentional Marriage: A Guide to Building Love That Lasts offers deeper teaching, reflection, and practical conversations. You do not need the book to use your report or complete the Growth Path.

Explore or purchase the companion book

intentionalway.com/the-intentional-marriage-book

Your first week, one step at a time

A suggested rhythm. Make it small enough to fit your real life.

Today: notice one strength

Name a recent moment when acceptance helped your marriage. Be specific about what happened and why it mattered.

This week: make room for one honest conversation

Spend a few quiet minutes reflecting. If your spouse is willing, invite a conversation; you can also journal about your own responses.

A question to reflect on or discuss:

“What is one small thing I could do this week that would help you feel safer, understood, or more connected?”

Stay with one topic. If tension rises, pause and agree on a calmer time to return. If you feel afraid or pressured, seek individual support rather than using this exercise to push through an unsafe conversation.

Practice one faithful step

Have one ten-minute conversation where the only goal is to understand, not explain, defend, or win.

At the end of the week, ask: What helped? What felt difficult? What small adjustment would make this easier to repeat?

RECOMMENDED SCRIPTURE

1 John 1:9

A prayer to begin

Lord, help us slow down, understand each other, and take one faithful step toward healing in communication.

The 30-day practice plan in your full report is a resource you can revisit. The included eight-week Growth Path offers a longer rhythm of encouragement; each spouse chooses independently whether to receive it. You do not need to complete every exercise at once.

Pause & Reflect

One small step within my control this week is... A time to reflect on it is...

Take your own next step.

Your full report includes deeper guidance and practical exercises. The optional eight-week Growth Path is included with either assessment.

[Choose your assessment](#)

Educational and faith-based. Not a clinical diagnosis or substitute for professional care.