



Drip-Free  
Marriage™

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ASSESSMENT  
REPORT

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A PERSONALIZED ANALYSIS OF YOUR  
RELATIONSHIP PATTERNS AND STARTING POINT

*Identifying the small patterns  
that shape your relationship.*



PREPARED FOR:

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DATE:

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# DRIP-FREE MARRIAGE ASSESSMENT REPORT

Your Marriage Health Snapshot & Growth Plan

## **DRIP-FREE MARRIAGE ASSESSMENT REPORT**

**Identify the Leaks. Restore the Flow.**

Couple Name: \_\_\_\_\_

Date Completed: \_\_\_\_\_

Facilitator (if applicable): \_\_\_\_\_

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# UNDERSTANDING YOUR RESULTS

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Your results are based on two key concepts:

|   |   |
|---|---|
| <p><b>The Marriage Leaks</b><br/>(where breakdown occurs)</p> | <p><b>The Drip Cycle™</b><br/>(how disconnection develops)</p> <p>This report is designed to help you:</p> <ul style="list-style-type: none"><li>• identify patterns</li><li>• understand your relationship dynamics</li><li>• take intentional steps toward growth</li></ul> |
|---|---|

# OVERALL SCORE

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## Your Marriage Health Snapshot:

Your Score: \_\_\_\_\_ / 210

(✓ Circle One)

- **Healthy Flow (180–210)**
- **Emerging Leaks (140–179)**
- **Active Leaks (100–139)**
- **Severe Leak State (Below 100)**

“Your results reveal patterns—not just problems.”

## WHAT THIS MEANS

### Healthy Flow

Your marriage is strong and intentional. You're not perfect but you are proactive.

**Focus:** Maintain rhythms and deepen connection.

### Minor Drips

Small issues are present but manageable. Left unattended, they can grow.

**Focus:** Address patterns early before they spread.

**Active Leaks**

There are consistent patterns affecting connection and intimacy.

**Focus:** Intentional repair and structured support is needed.

**Critical Condition**

Your marriage is under strain and requires immediate attention and guided intervention.

**Focus:** Restoration, healing, and structured coaching.

## YOUR DRIP PROFILE

| Area                    | Score     | Status |
|-------------------------|-----------|--------|
| The Drift (Early Stage) | ____ / 35 | _____  |
| The Unfinished Fire     | ____ / 35 | _____  |
| The Broken Signal       | ____ / 30 | _____  |
| The Drift (Deep Level)  | ____ / 30 | _____  |
| The Cold Bed            | ____ / 30 | _____  |
| The Spiritual Shift     | ____ / 30 | _____  |
| The Relapse Loop        | ____ / 20 | _____  |

**Primary Leak:** \_\_\_\_\_

**Secondary Leak:** \_\_\_\_\_

## YOUR LEAK PROFILE

### What your results mean

Every marriage has pressure points. Your assessment helps identify the specific leaks most affecting your relationship right now. This is not about blame. It is about awareness, clarity, and intentional next steps.

Your **Primary Leak** is the area where breakdown is strongest right now.

Your **Secondary Leak** is the supporting pattern that often keeps the cycle going.

When you understand both, you can stop guessing and start repairing with purpose.

## IF YOUR PRIMARY LEAK IS THE DRIFT

### **What it means:**

Emotional closeness has weakened over time. You may still be functioning as a couple, but connection feels thinner, more surface-level, or less intentional.

### **What this often looks like:**

- Less meaningful conversation
- reduced time together
- emotional distance
- routine replacing connection.

### **What to focus on next:**

- Intentional time
- emotional check-ins
- shared moments
- re-prioritizing closeness.

### **Encouragement:**

The Drift is often subtle, but it is highly repairable when caught early.

## IF YOUR PRIMARY LEAK IS THE UNFINISHED FIRE

### **What it means:**

Something unresolved is still active beneath the surface. Hurt may not be openly discussed, but it is still shaping reactions, distance, or tension.

### **What this often looks like:**

- Repeated arguments,

- avoided conversations,
- stored resentment,
- old issues resurfacing.

**What to focus on next:**

- Honest conversations,
- forgiveness,
- conflict repair,
- addressing root issues rather than symptoms.

**Encouragement:**

What has been buried can still be healed when brought into the light.

**IF YOUR PRIMARY LEAK IS THE BROKEN SIGNAL****What it means:**

Communication is happening, but understanding is breaking down. You may speak often, yet still feel unheard, misread, or disconnected.

**What this often looks like:**

- Misunderstandings,
- defensive responses,
- interrupting,
- talking without resolution,
- feeling unheard.

**What to focus on next:**

- Listening to understand,
- slowing conversations down,

- clarifying instead of assuming,
- improving tone and timing.

**Encouragement:**

A weak signal can be restored when both people commit to clarity and understanding.

**IF YOUR PRIMARY LEAK IS THE COLD BED****What it means:**

Intimacy and closeness have weakened. This may be physical, emotional, or both. Often the issue is not only affection, but the safety and connection underneath it.

**What this often looks like:**

- Less affection,
- reduced touch,
- discomfort discussing intimacy,
- feeling physically present but not close.

**What to focus on next:**

- Emotional safety,
- non-sexual affection,
- honest conversation,
- rebuilding comfort and closeness gradually.

**Encouragement:**

Warmth can return when safety, affection, and intentionality are restored.

## IF YOUR PRIMARY LEAK IS THE SPIRITUAL SHIFT

### **What it means:**

You may be moving in different directions at the core of the relationship. This can show up spiritually, in priorities, in values, or in long-term purpose.

### **What this often looks like:**

- Lack of shared vision,
- inconsistent spiritual connection,
- misaligned priorities,
- feeling more like individuals than a team.

### **What to focus on next:**

- Shared prayer,
- spiritual reconnection,
- priority alignment,
- decision-making together,
- vision conversations.

### **Encouragement:**

Alignment can be rebuilt when both people choose to move toward the same center again.

## IF YOUR PRIMARY LEAK IS THE RELAPSE LOOP

### **What it means:**

You may have identified issues before, but change has not lasted. The challenge is not awareness, it is consistency.

### **What this often looks like:**

- The same conversations repeating,
- temporary progress followed by regression,
- discouragement around lasting change.

### **What to focus on next:**

- Small repeatable habits, accountability,
- consistent follow-through,
- progress tracking, realistic rhythms.

### **Encouragement:**

Consistency breaks cycles. Small, repeated actions can change the atmosphere of a marriage.

## IF YOUR SECONDARY LEAK IS HELPING DRIVE THE CYCLE

Your Secondary Leak often explains **why the Primary Leak keeps returning**.

Examples:

- **The Drift + The Broken Signal:** distance grows, then communication weakens, which creates more distance.
- **The Unfinished Fire + The Broken Signal:** unresolved hurt makes healthy communication difficult.
- **The Cold Bed + The Drift:** emotional distance feeds physical

distance, and physical distance deepens emotional distance.

- **The Spiritual Shift + The Relapse Loop:** misalignment makes consistency harder to sustain.
- **The Relapse Loop + any leak:** awareness exists, but patterns repeat because habits are not yet strong enough.

### YOUR NEXT STEP

Focus first on your **Primary Leak**.

Then pay close attention to your **Secondary Leak**, because it often reinforces the cycle.

Repair begins with clarity.

Momentum begins with action.

Lasting change begins with consistency.

# SECONDARY LEAK INTERACTION

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## HOW YOUR LEAKS WORK TOGETHER

Your relationship is not affected by just one pattern.

Most couples experience a **combination of leaks** that reinforce each other.

Your:

**Primary Leak** = where breakdown is strongest

**Secondary Leak** = what keeps the cycle going

## WHY THIS MATTERS

When two leaks interact, they create:

- repeating cycles
- emotional patterns
- predictable breakdowns

Understanding this is what helps you:

**interrupt the cycle instead of repeating it**

# COMMON LEAK COMBINATIONS

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These are the most common and powerful interactions.

## THE DRIFT AND THE BROKEN SIGNAL

### The Silent Disconnection Cycle

#### What happens:

You begin to feel distant → communication weakens → misunderstandings increase → you withdraw further.

#### Result:

You're talking less, and when you do talk, it doesn't resolve anything.

#### Break the cycle by:

- increasing intentional communication
- scheduling emotional check-ins
- addressing distance early

## THE DRIFT AND THE COLD BED

### The Emotional & Physical Disconnect

#### What happens:

Emotional distance grows → physical intimacy decreases → disconnection deepens → both reinforce each other.

**Result:**

You feel like roommates instead of partners.

**Break the cycle by:**

- rebuilding emotional safety
- reintroducing small moments of closeness
- prioritizing connection over routine

## THE UNFINISHED FIRE AND THE BROKEN SIGNAL

### The Repeating Argument Cycle

**What happens:**

Issues are not fully resolved → communication breaks down → same conflicts repeat → frustration builds.

**Result:**

You have the same conversations over and over with no real resolution.

**Break the cycle by:**

- addressing root issues (not symptoms)
- slowing conversations down
- focusing on understanding before responding

## THE UNFINISHED FIRE AND THE DISRESPECT SHIFT

### The Resentment Cycle

**What happens:**

Unresolved hurt builds → tone and attitude shift → more hurt is created → resentment deepens.

**Result:**

Even small conversations feel tense or charged.

**Break the cycle by:**

- practicing forgiveness intentionally
- restoring honor in communication
- addressing issues early

**THE RELAPSE LOOP AND ANY LEAK****The “We’ve Been Here Before” Cycle****What happens:**

You recognize the issue → make changes → fall back into old patterns → cycle repeats.

**Result:**

Frustration increases because progress doesn’t last.

**Break the cycle by:**

- focusing on consistency, not intensity
- creating small daily habits
- tracking progress intentionally

**THE SPIRITUAL SHIFT AND THE DRIFT****The Directional Disconnect****What happens:**

You begin moving in different directions → emotional connection weakens → unity fades.

**Result:**

You feel like individuals instead of a team.

**Break the cycle by:**

- reconnecting around shared values
- aligning priorities
- building together intentionally

## THE COLD BED AND THE UNFINISHED FIRE

### The Guarded Intimacy Cycle

#### **What happens:**

Unresolved hurt creates emotional walls → intimacy decreases → distance increases → hurt remains unaddressed.

#### **Result:**

Closeness feels difficult or unsafe.

#### **Break the cycle by:**

- addressing emotional wounds first
- rebuilding safety
- allowing vulnerability gradually

# PERSONAL APPLICATION SECTION

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## YOUR LEAK COMBINATION

Primary Leak: \_\_\_\_\_

Secondary Leak: \_\_\_\_\_

## WHAT THIS COMBINATION LOOKS LIKE IN YOUR RELATIONSHIP

(Describe your pattern together)

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## HOW YOU WILL INTERRUPT THIS PATTERN

(Choose one action to start)

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# INSIGHT

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Most couples try to fix **one issue at a time**.

But real change happens when you understand:

**how your patterns work together**

## YOUR GOAL

- Recognize the combination
- Interrupt it early
- Replace it consistently

## NOTE:

- **High Score** → **Strength area**
- **Mid Score** → **Growth area**
- **Low Score** → **Leak requiring attention**

# KEY INSIGHTS

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## YOUR STRENGTHS

(What is working well in your marriage)

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## YOUR CURRENT LEAKS

(Where breakdowns are happening)

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## WHAT THIS PATTERN SUGGESTS

(How your leaks may be interacting)

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# YOUR PRIORITY GROWTH AREAS

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## TOP 2-3 AREAS TO FOCUS ON:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## START HERE

Focus first on:

PRIMARY LEAK

Then:

SECONDARY LEAK

**RECOMMENDED FOCUS PATHWAY**

| <b>If This Area Is Low</b> | <b>Focus Session</b>             |
|----------------------------|----------------------------------|
| (The Drift (Early Stage    | Session 1: Identifying the Drips |
| The Unfinished Fire        | Session 2: Sealing the Cracks    |
| The Broken Signal          | Session 3: Communication Reset   |
| (The Drift (Deep Level     | Session 4: Spicing the Marriage  |
| The Cold Bed               | Sessions 5–6                     |
| The Spiritual Shift        | Session 7                        |
| The Relapse Loop           | Session 8                        |

# YOUR MARRIAGE GROWTH PLAN

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## THIS WEEK'S FOCUS

(Choose ONE area)

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## ACTION STEP

(What you will do differently)

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## NEW HABIT TO PRACTICE

(Example: Daily 5-minute dialogue)

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# REFLECTION SECTION

## (COUPLE COMPLETES TOGETHER)

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**What did we learn about our marriage?**

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**What surprised us the most?**

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**What are we committed to changing?**

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# CLOSING DECLARATION

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**Read this together:**

“Our marriage will not slowly leak away.

We choose to recognize the drips, repair the cracks, and build a covenant that is strong, intentional, and lasting.”

Transformation begins with what you choose to do next.

# CONTINUE THE DRIP-FREE JOURNEY

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Marriage strengthens through intentional growth.

Scan below to access the 30-Day Drip-Free Challenge, resources, and coaching tools.





# Drip-Free Marriage™

SEE CLEARLY. RESPOND INTENTIONALLY. BUILD CONSISTENTLY.

*One Small Drip at a Time.*

Strong marriages don't break suddenly—they leak slowly. The small words, unchecked emotions, and unmet needs create tiny drips that, over time, cause significant damage.

The Drip-Free Marriage Assessment is designed to help you identify the patterns that may be weakening your relationship—and the strengths you can build on.

This personalized report gives you a clear snapshot of your relationship across key areas that matter most, so you can make intentional changes that lead to lasting connection and growth.

## YOUR ASSESSMENT REPORT INCLUDES:



### A CLEAR OVERVIEW

Understand your relationship's current strengths and growth opportunities.



### KEY AREA SCORES

See how you're doing in the critical areas that impact connection and intimacy.



### PERSONALIZED INSIGHTS

Discover the patterns that may be creating distance or disconnection.



### PRACTICAL NEXT STEPS

Get simple, actionable recommendations to strengthen your bond and build the marriage you both desire.

*Strong marriages don't just happen.  
They are built—one small drip at a time.*



Learn more and start your journey at

[DripFreeMarriage.com](https://DripFreeMarriage.com)

SEE CLEARLY.  
RESPOND INTENTIONALLY.  
BUILD CONSISTENTLY.

*One Small Drip at a Time.*