

How Well Do You Know Your Partner?

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1. I can name my partner's best friends.
A. Yes B. No
2. I know the stresses my partner is currently facing.
A. Yes B. No
3. I know the names of some people who irritate my partner.
A. Yes B. No
4. I can tell you some of my partner's life dreams.
A. Yes B. No
5. I can tell you about my partner's basic philosophy of life.
A. Yes B. No
6. I can list the relatives my partner likes the least.
A. Yes B. No
7. I feel that my partner knows me pretty well.
A. Yes B. No
8. When we are apart I often think fondly of my partner.
A. Yes B. No
9. I often touch or kiss my partner affectionately.
A. Yes B. No
10. My partner really respects me.
A. Yes B. No
11. There is fire and passion in this relationship.
A. Yes B. No
12. Romance is definitely still a part of our relationship.
A. Yes B. No
13. My partner appreciates the things I do in this relationship.
A. Yes B. No

14. My partner generally likes my personality.
A. Yes B. No
15. Our sex life is mostly satisfying.
A. Yes B. No
16. At the end of the day my partner is glad to see me.
A. Yes B. No
17. My partner is one of my best friends.
A. Yes B. No
18. We just love talking to each other.
A. Yes B. No
19. There is lots of give and take in our discussions.
A. Yes B. No
20. My partner listens respectfully, even when we disagree.
A. Yes B. No
21. My partner is usually a great help as a problem solver.
A. Yes B. No
22. We generally mesh well on basic values and goals in life.
A. Yes B. No

Yes score: _____ No score: _____

15 or more yes answers: You have a lot of strength in your relationship. Congratulations!

8 to 15: This is a pivotal time in your relationship. There are many strengths you can build upon but there are also some weaknesses that need your attention.

7 or fewer: Your relationship may be in serious trouble. If this concerns you, you probably still value the relationship enough to try to get help.

