

**Directions:** To the following questions answer either:  
 (2) Strongly Agree, (1) Agree, (0) Neutral, (-1) Disagree or (-2) Strongly Disagree.

<h2>Relationship Quiz</h2>					
	2	1	0	-1	-2
<b>I respect my partner as a person.</b>					
<b>We are friends.</b>					
<b>I am attracted to my partner.</b>					
<b>We respect and appreciate our emotional differences.</b>					
<b>I don't usually feel alone in the relationship.</b>					
<b>We seek each other out to check on how the other is doing.</b>					
<b>We are able to reach out to the other when we are overwhelmed, stressed or don't feel well.</b>					
<b>We frequently ask what each other is thinking and feeling.</b>					
<b>We enjoy a satisfying sexual connection.</b>					
<b>We share household and parenting responsibilities and tasks.</b>					
<b>After disagreements, we don't let long periods of time go by before trying to repair any damage.</b>					
<b>After disagreements we do not become estranged for long periods.</b>					
<b>During disagreements, neither of us becomes silent and withdraws for very long.</b>					
<b>During disagreements, neither one of us becomes overly critical or contemptuous.</b>					
<b>We share future plans and dreams.</b>					

<b>We enjoy doing some of the same things together.</b>					
<b>We allow each other to have their own activities, aspirations and dreams.</b>					

By John Gottman PhD

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If you answer agree or strongly agree to most of these question, your relationship is probably in great shape but if you answer disagree or strongly disagree to many of the questions then you need to work on improving aspects your relationship.