

A Better Way Counseling

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Relationship Quiz

Answer "True" or "False" as it applies to your relationship most of the time. Each partner can use a column below.

True False

- ___ ___ I have an effective way of communicating when I feel frustrated.
- ___ ___ I feel listened to or "heard" by my partner.
- ___ ___ I feel safe to communicate my true feelings in my relationship.
- ___ ___ My partner and I have intimacy in our relationship.
- ___ ___ I feel committed to our relationship.
- ___ ___ We resolve our conflicts without anger getting out of control.
- ___ ___ I am willing to change my behavior to create a healthier relationship.
- ___ ___ My partner feels safe to share his or her feelings with me.
- ___ ___ I feel empathy for my partner's hurts and frustrations from childhood.
- ___ ___ My partner and I try to avoid "pushing each other's hot buttons."
- ___ ___ My partner and I show our caring to each other in large and small ways.
- ___ ___ We have fun in our relationship.
- ___ ___ My partner and I are both "getting the love we want."

Understanding your Relationship Score:

Very few couples answer "true" to all questions.

11-13 "true" .. your relationship is quite connected and conscious.

9 - 10 "true" .. while some improvement could make your relationship more enjoyable, on the whole, you are pretty satisfied.

9 or fewer "true" .. your relationship needs serious attention.

The more "false" answers you have, the more important it is that you seek out an Imago Workshop or an Imago Relationship Therapist to help you gain the understanding and skills to create a joyously committed partnership.