

## YOUR RELATIONSHIP QUIZ

Check the pulse of your relationship by taking this short quiz. Each partner should do this on their own and then compare answers. Often the gaps in a relationship can be brought closer together using some simple, easy to apply relationship tools.

1. Does my partner make me a better person and do I do the same for my partner?
2. Are we both comfortable with sharing feelings, relying on each other, being close?
3. Do I and my partner accept each other for who we are without trying to change each other?
4. When disagreements come up, do we communicate respectfully and without contempt or negativity?
5. Do I and my partner share decision-making, power and influence in our relationship?
6. Is my partner my best friend and am I theirs?
7. Do I and my partner think more in terms of “we” and “us” rather than “you” and “I”?
8. Do I and my partner trust each other with the passwords to social media and bank accounts?
9. Do I and my partner have good opinions of each other?
10. Do my close friends, as well as my partner’s, think we have a great relationship that will stand the test of time?
11. Is our relationship free of red flags like cheating, jealousy and controlling behaviour?
12. Do I and my partner share the same values when it comes to politics, religion, the importance of marriage?
13. Am I and my partner willing to sacrifice our own needs, desires and goals for each other (without being a doormat)?
14. Do I and my partner both have an agreeable and emotionally stable personality?

If you’re not totally satisfied with your answers and are ready to work on your relationship check out our “Relationships – From Zero to Hero”.