

## Does Your Relationship Enrich the Quality of Your Life?

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1. Do you feel neglected? (Does your partner work too much, watch too much TV?)  
A. Rarely or Never                      B. Sometimes                      C. Often
2. Is your partner critical of you?  
A. Rarely or Never                      B. Sometimes                      C. Often
3. Do you or your partner hold grudges?  
A. Rarely or Never                      B. Sometimes                      C. Often
4. Does your partner have a difficulty admitting when he/she is wrong?  
A. Rarely or Never                      B. Sometimes                      C. Often
5. Does your partner expect perfection?  
A. Rarely or Never                      B. Sometimes                      C. Often
6. Do you feel controlled by your partner?  
A. Rarely or Never                      B. Sometimes                      C. Often
7. Do you find yourself walking on eggshells?  
A. Rarely or Never                      B. Sometimes                      C. Often
8. Do you feel that your partner listens to you and is interested in what you have to say?  
A. Often                      B. Sometimes                      C. Rarely or Never
9. Does your partner communicate responsibly when a problem or conflict arises?  
A. Often                      B. Sometimes                      C. Rarely or Never
10. Does your partner change when you have communicated to him/her about a problem?  
A. Often                      B. Sometimes                      C. Rarely or Never
11. Do you and your partner see eye to eye on issues of money?  
A. Often                      B. Sometimes                      C. Rarely or Never
12. Do you feel understood?  
A. Often                      B. Sometimes                      C. Rarely or Never
13. Do you feel valued?  
A. Often                      B. Sometimes                      C. Rarely or Never

14. Have you and your partner gotten closer through the storms of life?  
A. Often            B. Sometimes            C. Rarely or Never
15. Do you and your partner still take time to show affection each day?  
A. Often            B. Sometimes            C. Rarely or Never
16. How often do you experience romance in your relationship?  
A. Often            B. Sometimes            C. Rarely or Never
17. Does your partner do little things to try and please?  
A. Often            B. Sometimes            C. Rarely or Never
18. Do you feel a strong sense of connection with your partner?  
A. Often            B. Sometimes            C. Rarely or Never
19. Do you feel that you are taken seriously?  
A. Often            B. Sometimes            C. Rarely or Never
20. Do you feel respected by your partner?  
A. Often            B. Sometimes            C. Rarely or Never
21. Does your partner show appreciation?  
A. Often            B. Sometimes            C. Rarely or Never
22. Do you and your partner go on dates?  
A. Often            B. Sometimes            C. Rarely or Never
23. Do you still receive those little gifts?  
A. Often            B. Sometimes            C. Rarely or Never

### Scoring

**Mostly A's** - Your relationship helps to enrich your life. The stresses of life somehow seem easier because of the positive love connection you have with your partner.

**Mostly B's** - Your relationship may enhance your quality of life at times. Putting some extra attention and effort into those questions you answered "Sometimes" or "Rarely or Never" could increase the level of happiness both you and your partner experience.

**Mostly C's** - Your relationship is probably draining you and bringing some level of unhappiness. You deserve more. Extra attention to your own personal growth or the growth of the relationship is essential to increasing your degree of happiness and the quality of your life.

