

Do You Really Know Your Partner?

From the Gottman Institute --- Adapted By Barrington H. Brennen

1. I can name my partner's best friends. [] Yes [] No
2. I know what stresses my partner is currently facing. [] Yes [] No
3. I know the names of some of the people who have been irritating my partner lately. [] Yes [] No
4. I can tell you some of my partner's life dreams. [] Yes [] No
5. I can tell you about my partner's basic philosophy of life. [] Yes [] No
6. I can list the relatives my partner likes the least. [] Yes [] No
7. I feel that my partner knows me pretty well. [] Yes [] No
8. When we are apart, I often think fondly of my partner. [] Yes [] No
9. I often touch or kiss my partner affectionately. [] Yes [] No
10. My partner really respects me. [] Yes [] No
11. There is fire and passion in this relationship. [] Yes [] No
12. Romance is definitely still part of our relationship. [] Yes [] No
13. My partner appreciates the things I do in this relationship. [] Yes [] No
14. My partner generally likes my personality. [] Yes [] No
15. Our sex life is mostly satisfying. [] Yes [] No
16. At the end of the day my partner is glad to see me. [] Yes [] No
17. My partner is one of my best friends. [] Yes [] No
18. We just love talking to each other. [] Yes [] No
19. There is lots of give and take (both people have influence) in our discussions. [] Yes [] No
20. My partner listens respectfully, even when we disagree. [] Yes [] No
21. My partner is usually a great help as a problem solver. [] Yes [] No
22. We generally mesh well on basic values and goals in life. [] Yes [] No

Total the Yes and No.

YES TOTAL _____ **NO TOTAL** _____

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

8 to 14 Yes: 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 Yes: Your relationship may be in serious trouble. If this concerns you, you probably still value the relationship enough to try to get help. Get help.