

# Scoring Your Love/Conflict Resiliency

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Take the following test to measure how resilient your love is during conflict. There are ten questions. Score your responses from one to five using the formula below:

- 1 – Right away
- 2 – Soon
- 3 – In a short time
- 4 – Much later
- 5 – Never

1. When you realize that your conflict is harming your partner, how soon do you stop? \_\_\_\_
2. If your partner tells you he or she needs to stop fighting, when do you let go of your need to win? \_\_\_\_
3. When a conflict is over, how soon do you attempt to resolve what happened? \_\_\_\_
4. How long does it take you to be accountable for your own part in the fight? \_\_\_\_
5. If you feel that your love for him or her is under fire, when do you tell your partner to stop hurting you? \_\_\_\_
6. If you are fearful that you are fighting too much, when do you talk to your partner about your thoughts and feelings? \_\_\_\_
7. When do you feel able to tell your partner that the fights are destroying your ability to reconnect the way you used to? \_\_\_\_
8. If you know that your emotions are getting out of hand and may be causing irreparable harm to your partner, when do you get them under control? \_\_\_\_
9. During or after a conflict, when can you tell your partner that you still love him or her? \_\_\_\_
10. During or after a conflict, when can your partner tell you that he or she still loves you? \_\_\_\_

**Add up your scores.** \_\_\_\_\_

**1 – 10:** Your love is still intact and your partner cares more about you than needing to win.

**11 – 20:** You are starting to waver in remembering that there is someone on the other end of you who is suffering from your anger.

**21 – 30:** Your conflicts are beginning to get the best of your relationship and are starting to cause more harm than the relationship may ultimately be able to bear.

**31 – 40:** You're dangerously close to erasing what devotion you have to each other and it is getting more difficult to find the love you once counted upon.

**41 – 50:** If you don't do something about your negative interactions, you will no longer be able to ever love each other the same way again.