

# How Strong is This Relationship?

Answer all of the questions below as you reflect upon your current or most recent relationship. Answer as accurately as possible. Do not read the key until it's completed.

1. T/F We have close friends whom we associate with
2. T/F We aren't close to our extended family
3. T/F We've moved too often in the past 5 years
4. T/F We get adequate support from our extended family
5. T/F I am not satisfied with our close friendships
6. T/F Overall, I am satisfied with our relationship
7. T/F My partner and I are best friends
8. T/F I like my partner as a person
9. T/F We rarely laugh together as a couple
10. T/F Overall, we have a happy relationship
11. T/F Compared to 3 years ago, our relationship is worse
12. T/F We want each other to succeed in life
13. T/F Our friend's relationship is better than our's
14. T/F My current relationship has changed my life for the better
15. T/F My partner and I are equally happy with our relationship
16. T/F My parents aren't happily married
17. T/F We rarely eat our main meal together
18. T/F We often shop together
19. T/F We rarely visit with close friends together
20. T/F We rarely work on projects together
21. T/F We date each other at a level I am satisfied with
22. T/F Our courtship is still going strong
23. T/F Our work stress rarely spills over into our relationship
24. T/F We have serious quarrels on a regular basis
25. T/F We've learned to adjust to each other's habits
26. T/F We tend to work out most of our disagreements
27. T/F We frequently argue about housework
28. T/F I want this relationship to succeed
29. T/F Sometimes I think that breaking up

- would be better than staying together
30. T/F All things considered, we agree on our aims and goals
31. T/F My partner often fails to meet my needs
32. T/F I often fail to meet my partner's needs
33. T/F My spouse and I have little in common
34. T/F My partner and I agree when it comes to parenting
35. T/F I am committed to our sex life
36. T/F I am satisfied with our sexual relationship
37. T/F We tend to pull apart during stress
38. T/F It's not safe to share our feelings together
39. T/F We trust each other
40. T/F We tend to listen well to each other
41. T/F Religiously, I am not very active
42. T/F I am satisfied with our level of income

**Key:** 1=T, 2=F, 3=F, 4=T, 5=F, 6=T, 7=T, 8=T, 9=F, 10=T, 11=F, 12=T, 13=F, 14=T, 15=T, 16=F, 17=F, 18=T, 19=F, 20=F, 21=T, 22=T, 23=T, 24=F, 25=T, 26=T, 27=F, 28=T, 29=F, 30=T, 31=F, 32=F, 33=F, 34=T, 35=T, 36=T, 37=F, 38=F, 39=T, 40=T, 41=F, 42=T. **Your Score:** \_\_\_ Research on strong marriages and relationships has provided insight into the things couples do which facilitate strong relationships. A score of **42** indicates relatively strong patterns, **0** indicates relatively weak ones. Discuss your findings with your partner.

What is the single most important factor contributing to a strong relationship for you?

What is the single most important factor for your partner?

List the three best things your partner does which makes you feel secure in your relationship:

- 1.
- 2.
- 3.

Ask your partner to list three things:

- 1.
- 2.
- 3.