

Is Your Relationship Primed for Romance?

(1) Check TRUE or FALSE in response to the following statements.

STATEMENT	TRUE	FALSE
1. We enjoy doing small things together, like folding laundry or watching TV.		
2. I look forward to spending my free time with my partner.		
3. At the end of the day my partner is glad to see me.		
4. My partner is usually interested in hearing my views.		
5. I really enjoy discussing things with my partner.		
6. My partner is one of my best friends.		
7. I think my partner would consider me a very close friend.		
8. We just love talking to each other.		
9. When we go out together, the time goes very quickly.		
10. We always have a lot to say to each other.		
11. We have a lot of fun together.		
12. We are spiritually very compatible.		
13. We tend to share the same basic values.		
14. We like to spend time together in similar ways		
15. We really have a lot of common interests.		
16. We have many of the same dreams and goals.		
17. We like to do a lot of the same things.		
18. Even though our interests are somewhat different, I enjoy my partner's interests.		
19. Whatever we do together, we usually tend to have a good time.		
20. My partner tells me when he or she has had a bad day.		

(2) 10 and above is good. Under 10 shows improvement is needed.

 Gottman, John and Nan Silver: The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert (New York: Three Rivers Press, 1999).