Marriage Temperature Gauge!

***How “Hot” is your marriage?*** Are you still as passionate about each other as on the day you said those two magical words, “I Do!” or has your marriage become “lukewarm” or even “cold”? There is more to a relationship than feelings, and you can still be madly in love with each other when feelings become less intense; however, by knowing your “temperature,” you can begin to work on adding romance and spice to your life as a married couple. The following Quiz is a starting point. It is not a scientifically based psychological tool, but it will help you determine “next steps.” Have fun, stay cool but let the ***Fire of Love*** transform your lives!

*For each of the following questions, select the answer that fits best:*

1. A. My partner is the most significant person in my life \_\_

B. My partner is one of the most significant people in my life \_\_

C. My partner is no longer that important to me \_\_

1. A. I look forward to spending quality time with my partner and make this a priority\_\_

B. I enjoy spending time with my partner when we can schedule it \_\_

C. I would rather be alone or spend time with my friends than be with my partner \_\_

1. A. When we’re apart, I often find myself thinking about my partner and wishing we were together\_\_

B. When we’re apart, I’m usually focused on work or children or projects but occasionally think about my partner\_\_

C. When we’re apart, I enjoy having time to myself and don’t think about my partner at all\_\_

1. A. My partner and I stay connected throughout the day via texts or social media \_\_

B. My partner and I exchange texts/ photos when we can\_\_

C. My partner and I don’t text or use social media to stay in touch \_\_

1. A. My partner and I often show our appreciation for each other\_\_

B. My partner and I sometimes show our appreciation for each other\_\_

C. My partner and I seldom show our appreciation for each other\_\_

1. A. When we have disagreements, we try to resolve them immediately \_\_

B. When we have disagreements, we eventually resolve them \_\_

C. When we have disagreements, we tend to avoid discussing what happened \_\_

1. A. My partner and I share several common interests that we enjoy together\_\_

B. My partner and I share at least one common interest that we enjoy together \_\_

C. My partner and I share no common interests at all \_\_

1. A. My partner and I make time for “date nights” (or morning dates!) regularly \_\_

B. My partner and I make time for “date nights” (or morning dates!) when we can\_\_

C. My partner and I don’t make time for “dates” at any time of day\_\_

1. A. My partner’s annoying habits don’t stop me from loving him/her \_\_

B. My partner’s annoying habits can irritate me at times \_\_

C. My partner’s annoying habits constantly get on my nerves \_\_

1. A. My partner is always there for me when I’m dealing with a crisis \_\_

B. My partner is usually there for me when I’m dealing with a crisis \_\_

C. My partner is seldom there for me when I’m dealing with a crisis \_\_

1. A. I am always there for my partner when he/she is experiencing a hard time \_\_

B. I am usually there for my partner when he/she is experiencing a hard time \_\_

C. I am seldom there for my partner when he/she is experiencing a hard time \_\_

1. A. My partner and I communicate with each other effectively\_\_

B. My partner and I communicate with each other effectively most of the time \_\_

C. My partner and I often have difficulty communicating with each other \_\_

1. A. My partner and I always make important decisions together \_\_

B. My partner and I usually make important decisions together \_\_

C. My partner and I seldom make important decisions together \_\_

1. A. My partner and I share similar dreams and goals which we actively work towards as a couple\_\_

B. My partner and I share some similar dreams and goals which we try to work towards as a couple \_\_

C. My partner and I don’t really share any similar dreams and goals \_\_

1. A. My partner and I always present a “united front” when dealing with children, pets, family, friends, and colleagues \_\_

B. My partner and I usually present a “united front” when dealing with children, pets, family, friends, and colleagues \_\_

C. My partner and I seldom present a “united front” when dealing with children, pets, family, friends, and colleagues \_\_

1. A. I always support my partner’s efforts to grow personally or professionally \_\_

B. I try to support my partner’s efforts to grow personally or professionally \_\_

C. I don’t often support my partner’s efforts to grow personally or professionally \_\_

1. A. I think in terms of “We” most of the time \_\_

B. I think in terms of “I” and “We” about equally\_\_\_

C. I think in terms of “Me” only\_\_

1. A. My partner always supports my efforts to grow personally or professionally \_\_

B. My partner usually supports my efforts to grow personally or professionally \_\_

C. My partner seldom supports my efforts to grow personally or professionally \_\_

1. A. Marriage has made me the best person I can be \_\_

B. Marriage has made me a better person in some ways\_\_

C. Marriage has neither improved me as a person nor made me worse\_\_

1. A. I am very sexually attracted to my partner\_\_

B. I am somewhat sexually attracted to my partner\_

C. I don’t consider my partner to be sexually attractive\_\_

1. A. Sexual intimacy is an important part of our relationship \_\_

B. Sexual intimacy would be great if we had time for it \_\_

C. Sexual intimacy is not a significant part of our relationship \_\_

1. A. My partner and I are always happier together than when we are apart \_\_

B. My partner and I are usually happier together than when we are apart \_\_

C. My partner and I don’t make each other happy\_\_

1. A. My partner and I share identical core values \_\_

B. My partner and I share many of the same core values\_\_

C. My partner and I share few core values \_\_

1. A. If I were to go back in time, I would definitely marry my partner again\_\_

B. If I were to go back in time, I would probably marry my partner again\_\_

C. If I were to go back in time, I would definitely not marry my partner again\_\_

**SCORING:**

***This is the easy part: each “A” answer is worth 3 points, each “B” answer is worth 2 points and each “C” answer is worth 1 point.***

72 points= you are a phenomenal couple and don’t require coaching!

60-71 points= your marriage is still sizzling “hot” but might benefit from coaching.

31-59 points= your marriage could be “warmer,” but with some coaching, you can “heat it up.”

30 points or fewer= you are living in a Polar vortex and definitely need coaching!