

Fondness and Admiration Questionnaire

1. I can list three things I admire about my partner. T F
2. When we are apart, I often think fondly of my partner. T F
3. I will often find some way to tell my partner "I love you". T F
4. I often touch or kiss my partner affectionately. T F
5. My partner really respects me. T F
6. I feel loved and cared for in this relationship. T F
7. I feel accepted and liked by my partner. T F
8. My partner finds me sexy and attractive. T F
9. My partner turns me on sexually. T F
10. There is a fire and passion in this relationship. T F
11. Romance is definitely still a part of our relationship. T F
12. I am really proud of my partner. T F
13. My partner really enjoys my achievements and accomplishments. T F
14. I can easily tell you why I married my partner. T F

15. If I had it all to do over again, I would marry the same person. T F
16. We rarely go to sleep without some show of love or affection. T F
17. When I come into a room, my partner is glad to see me. T F
18. My partner appreciates the things I do in this marriage. T F
19. My spouse generally likes my personality. T F
20. Our sex life is generally satisfying. T F

Score yourself 1 point for each True:

10 or higher : This is an area of strength for your relationship. Because you value each other highly, you have a shield that can protect you from becoming overwhelmed by any negativity that also exists between you.

Below 10: Your marriage could stand some improvement in this area. Don't be discouraged by the low score. There are many couples in whom the fondness and admiration system has not died but is buried under layers of negativity, hurt feelings and betrayal.

From "The Seven Principles for Making Marriage Work" by John M. Gottman

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