

Adapted from "Love Map: The Marriage Clinic", by John M. Gottman  
Provided by: Jennifer K. Sanford, MS, MFT/1014 Farmington Avenue/West Hartford, CT 06107  
860-8744805/www.JenniferKSanford.com/sanfordjenn@aol.com

### How Well Do You Know Your Partner?

One of the most important features of successful couple relationships is the quality of the friendship. Do you know your partner's inner world? Take the quiz below and find out.

- T or F 1. I know the name/names of my partner's best friends.
- T or F 2. I know the current stresses my partner is currently facing.
- T or F 3. I am aware of the names of some of the people who are currently irritating my partner.
- T or F 4. I know some of my partner's life dreams.
- T or F 5. I am aware of my partner's basic philosophy of life.
- T or F 6. I know the relatives my partner likes the least.
- T or F 7. It feels like my partner knows me well.
- T or F 8. When we are apart, I often think fondly of my partner.
- T or F 9. I often touch or kiss my partner affectionately.
- T or F 10. I feel that my partner really respects me.
- T or F 11. There is fire and passion in this relationship.
- T or F 12. Romance is definitely still part of our relationship.
- T or F 13. I am appreciated by my partner for the things I do in this relationship.
- T or F 14. My partner generally likes my personality.
- T or F 15. For the most part, our sex life is satisfying.
- T or F 16. At the end of the day my partner is glad to see me.
- T or F 17. My partner is one of my best friends.
- T or F 18. We love talking to each other.
- T or F 19. There is lots of give and take (both people have influence) in our discussions.
- T or F 20. My partner listens respectfully, even when we disagree.
- T or F 21. My partner is usually a great help as a problem solver.
- T or F 22. We generally mesh well on basic values and goals in life.

Your score:

15 or more true answers: You have a lot of strength in your relationship. Congratulations!

8 to 14: This is a pivotal time in your relationship. There are many strengths you can build upon but there are also some weaknesses that need your attention.

7 or fewer: Your relationship may be in serious trouble. If this concerns you, you probably still value the relationship enough to try to get help.