

## **Relationship Happiness Self-Test**

The following assessment enables a couple to examine the strengths and weaknesses of their relationship, and assess if therapy might be helpful in making their relationship more successful.

*Instructions: Fill out every item below, telling us the extent to which AT THIS TIME you agree or disagree with each statement. Circle the choice that reflects how you feel RIGHT NOW.*

### **Right now how do you feel?**

1. I feel emotionally close to my partner.

True      False

2. I think that my partner really cares about me.

True      False

3. I feel confident that we can deal with whatever problems or issues that might arise.

True      False

4. I would consider myself happy in this relationship.

True      False

5. I feel respected by my partner.

True      False

6. I am committed to staying in this relationship.

True      False

7. I have a great deal of respect and admiration for my partner.

True      False

8. I find my partner very interesting.

True      False

9. I feel that my partner finds me physically attractive.

True      False

10. If I ever needed help I could count on my partner.

True      False

11. My partner really tries hard to meet my needs.

True      False

12. My partner really listens to me.

True      False

13. I am satisfied with our sex life.

True      False

14. I am confident we can handle any conflict that may arise between us.

True      False

15. My partner shows pride in my accomplishments.

True      False

16. I feel appreciated for what I contribute to this relationship.

True      False

17. I really feel loved in this relationship.

True      False

18. My partner really knows me well.

True      False

19. My partner is one of my best friends.

True      False

20. My partner loves my sense of humor.

True      False

### **Flooding**

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

1. Our discussions get too heated.

True      False

2. I have a hard time calming down.

True      False

3. One of us is going to say something we will regret.

True      False

4. I think to myself, "Why can't we talk more logically?"

True      False

### **Scoring the Relationship Test**

**Relationship Happiness:** Add up the number of items for which you answered "True." Multiply this number by 5.

If your score and your partner's score is above 80, congratulations! You are reasonably happy in your relationship. You might enjoy enhancing the strengths in your relationship. Otherwise, there is need for some improvement in your relationship.

**Flooding:** Add up the number of items for which you answered "True." Multiply this number by 20.

If your score or your partner's score is above 40, you have a problem dealing with conflict and self-soothing during conflict. There is need for some improvement in the area of conflict.

-- Courtesy of the Gottman Institute

*W. Scott McBroom, D.Min., LPC*  
*843-766-4004*  
*www.scottmcbroom.com*  
*info@scottmcbroom.com*