

## **Gottman Institute – How strong is your relationship friendship**

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**A strong relationship is based on friendship. The strength of your relationship is proportional to how well you know and like your partner.**

**Take the following quiz and find out (free from The Gottman Institute – [www.gottman.com](http://www.gottman.com))**

Your Knowledge about your partner (out of a possible score 7 points)

1. I can name my partners best friends.

Yes    No    N/A

2. I know what stresses my partner is facing currently.

Yes    No    N/A

3. I can tell you some of my partner's life dreams.

Yes    No    N/A

4. I can tell you about my partner's basic philosophy of life.

Yes    No    N/A

5. I know the names of the people who have been irritating my partner lately.

Yes    No    N/A

6. I can list the relatives my partner likes the least.

Yes    No    N/A

7. I feel that my partner knows me pretty well.

Yes    No    N/A

Your Romantic Relationship (out of a possible score 5 points)

8. When we are apart, I often think fondly of my partner.

Yes    No    N/A

9. I often touch or kiss my partner affectionately.

Yes    No    N/A

10. There is fire and passion in this relationship.

Yes    No    N/A

11. Romance is definitely still part of our relationship.

Yes No N/A

12. Our sex life is mostly satisfying.

Yes No N/A

Your Friendship (out of a possible score 6 points)

13. My partner is one of my best friends.

Yes No N/A

14. We just love talking to each other.

Yes No N/A

15. There is lots of give and take (both people have influence) in our discussions.

Yes No N/A

16. My partner listens respectfully, even when we disagree.

Yes No N/A

17. My partner is usually a great help as a problem solver.

Yes No N/A

18. At the end of the day, my partner is glad to see me.

Yes No N/A

Your Values (out of a possible score 4 points)

19. We generally mesh well on basic values and goals in life.

Yes No N/A

20. My partner appreciates the things I do in this relationship.

Yes No N/A

21. My partner really respects me.

Yes No N/A

22. My partner generally likes my personality.

Yes No N/A

The top score is 22. A score of 15 or higher suggests you know your partner well and are connected with him/her. You have a fairly detailed map of your partner's everyday life, hopes, fears, and dreams. This is very good but try not to take this for granted. It's incredibly important to maintain this level of knowledge and involvement throughout your life together. Your connection must never waiver – you each and both must make it a TOP PRIORITY. One

way is to set aside time to spend time together (only the two of you) every week no matter what else is going on (new baby, heavy work schedule, illness in the family, etc.).