



Debbi Carberry
RELATIONSHIP COACH

Relationship Satisfaction Quiz



Anyone who has been in a relationship for a couple of years knows that the passion tends to drop off over time - sometimes dramatically. Sadly, for some couples it's not just the passion that vanishes.

Things that can impact how happy and connected we feel to our partner include:

- How we communicate,
- Parenting differences,
- Seeing each other as friends and not lovers,
- Lowered levels of emotional and physical intimacy,
- Not feeling like our wants and needs are being met.

I've put together this Relationship Satisfaction Quiz to help you understand where your relationship is at.

Simply tick the box on the right of each question if the statement is true for your relationship today.... (if you can't print this out – just keep a note of each question you checked).

1. We don't make decisions together.
2. I feel put down in my relationship.
3. He offers to help with the house and kids sometimes.
4. We are almost strangers.
5. There is too much conflict in our relationship.
6. My partner values my advice and opinions.
7. We are really close.

8. I sometimes fantasise about leaving my partner.
9. I feel encouraged in my relationship.
10. We have disagreements but can resolve them quickly.
11. He never helps with the kids.
12. I feel trapped by my partners love.
13. My partner doesn't listen to my opinion or advice.
14. When we argue it becomes a blame game about who is right and who is wrong
15. I feel secure in my relationship.
16. My partner and I have different ideas about raising our kids but we are able to compromise.
17. I feel like my partner cares about me.
18. We don't agree on very much at all.
19. We clash often.
20. I have considered leaving my partner.
21. I feel comfortable with my partner.
22. If I compare my relationship to my friends we are about the same as most we know.
23. I can share most of what I'm thinking and feeling with my partner.

24. We fight often.
25. My partner just won't try to meet my needs at all.
26. We communicate well.
27. I am bored with my relationship.
28. He never helps with the chores.
29. I had an affair.
30. I wish we talked more.
31. Occasionally my partner compliments me.
32. I want more intimacy in my relationship.
33. I feel like we go around and around in circles when we fight.
34. I love the time we spend together.
35. Our communication is okay.
36. I feel like my partner likes to upset me.
37. We never spend enough time together
38. He always helps with chores and the kids.
39. Our communication is not good.

40. My partner and I have similar wants and needs.
41. With all of my responsibilities I don't feel like I have time for my partner anymore.
42. My partner rarely asks about my day or what I have been doing.
43. Life is so busy now we barely have any time together.
44. My partner had an affair.
45. I don't feel attractive to my partner anymore.
46. My partner can be a bit jealous.
47. We are not able to talk about sex as it ends up in a fight.
48. I always seem to be the one to give in my relationship.
49. My partner tells me that I want all of the control.
50. We are physically affectionate.
51. My partner and I are on the same page when it comes to raising our kids.
52. Our differences complement each other well.
53. My partner and I have a difficult sex life.
54. If I met my partner today, I wouldn't have a relationship with them.
55. My partner tries hard to meet my needs.

56. I know my partner isn't always honest with me.
57. If I compare my relationship to my friends, we are better than most we know.
58. We can resolve our arguments most of the time
59. I don't find my partner physically attractive any more.
60. We struggle to communicate well.
61. When I am distressed my partner tries to comfort me.
62. We are staying together for the kids.
63. My partner uses drugs/alcohol/porn to escape.
64. I'm bored in my relationship.
65. We are able to compromise.
66. I feel like we are equals.
67. I feel pressure to have sex more frequently than I would like.
68. I feel like my relationship is at risk of ending a lot of the time.
69. I don't enjoy sex with my partner.
70. When I am distressed my partner avoids me.
71. I wish my partner was more romantic.

72. My partner is my best friend.
73. Since we had kids our relationship has really suffered
74. I miss how things used to be.
75. My partner is sometimes affectionate.
76. My partner doesn't take care of money.
77. We support each other.
78. I try to avoid fights because my partner threatens to leave when we do.
79. My partner promises to make changes but they never do.
80. We clash sometimes.
81. My partner compliments me all of the time.
82. I feel we spend too much time together.
83. My partner is only ever affectionate if they want to have sex.
84. We make big decisions together.
85. My partner is always at work.
86. My partner is interested in my day and my life.
87. My partner and I clash about our parenting often.

88. My partner will sometimes ask how my day has been.
89. My partner promises to make changes but they only last for a short time.
90. My partner refuses to get help.
91. We are a step family.
92. We have the same amount of conflict as most couples.
93. I feel like my partner wants all of the control.
94. My partner is always honest with me.
95. My partner and I are both responsible for our finances.
96. I use drugs or alcohol to escape.
97. My partner doesn't seem interested in me anymore.
98. Sometimes I wonder if we can stay together.
99. We have a nice balance of time together and apart.
100. My partner is bored with our relationship.
101. If I compare my relationship to my friends, we are worse than most we know.
102. My partner isn't honest.
103. My partner rarely invites me to make the decisions for us both.

104. I feel like I am responsible for all of the decisions in our relationship.
105. My partner rarely compliments me.
106. We are able to talk about sexual difference.
107. We make most decisions together.
108. It feels like we have grown apart.
109. My partner isn't trustworthy.
110. We got together when we were too young.
111. My partner and I have a satisfying sex life.
112. I don't feel we spend enough time together.
113. If I was to meet my partner today, I would still want to be in a relationship with them.
114. My partner and I have very different wants and needs.
115. We are so different now.
116. We are a blended family.
117. My partner often refuses to have sex.
118. I'd want more romance than we currently have.
119. We always make up after a fight.

Now it's time to see how your relationship is travelling at the moment.

Score an "A" for each of the following questions which you answered true.

6, 7, 15, 17, 26, 34, 38, 50, 51, 52, 57, 66, 72, 77, 81, 84, 86, 94, 95, 111, 113.

Score a "B" for each of the following questions which you answered true.

2, 4, 5, 12, 16, 19, 27, 30, 32, 36, 44, 46, 47, 48, 60, 62, 68, 73, 76, 78, 83, 85, 87, 89, 90, 93, 96, 100, 102, 103, 109, 110, 115.

Score a "C" for each of the following questions which you answered true.

3, 9, 10, 21, 22, 23, 31, 35, 37, 40, 41, 43, 55, 58, 61, 65, 71, 74, 75, 80, 92, 99, 106, 107, 118, 119.

Score a "D" for each of the following questions which you answered true.

1, 8, 11, 13, 14, 18, 20, 24, 25, 28, 29, 33, 39, 42, 45, 49, 53, 54, 56, 59, 63, 64, 67, 69, 70, 79, 82, 88, 91, 97, 98, 101, 104, 105, 108, 112, 114, 116, 117.

Now add up how many 'A's, 'B's, 'C's and 'D's you have.

Whichever letter you have the most of – can explain where your relationship satisfaction is at right now.

A You are happy in your current relationship. You can communicate your wants and needs and your partner is there for you. You admire them and they admire you too. You are friends and a great team.

- B** You are in a difficult relationship that needs some radical change and fast. Things are not good. Your relationship is harming you emotionally. You feel lost and alone or abandoned and rejected much of the time. You don't have a voice in your relationship and your partner doesn't seem to be interested in what you have to say or what you want or need. It's time to make some changes or leave.
- C** Your relationship is "good enough" but could be better. Things are okay and you enjoy each other's company. You get along okay and are friends. You manage your parenting well. But you long for more closeness, passion and intimacy.
- D** You are completely frustrated because no matter how hard you try you can't get your partner to connect with you the way you and need them to. You come up with all of the suggestions and you are the one who insists things have to change. Your partner agrees (at least when you are arguing) but ultimately any change is short lived and your life goes back to a rhythm of just co-existing together. You didn't sign up for this and you want more. But right now, you can't see a way forward if your partner is unwilling to make lasting change.

All relationships have their ups and downs. The longer our relationships last the more either we or our partners can become complacent. We stop making an effort to remind our partner that they are important to us (or they don't do that for us).

If we have kids it can be even more difficult to reconnect and love each other in a more intimate connected way.

I am running free workshops during January and February. If you would like tips and strategies that will move you from where you are to where you want to be in your relationship come and join my private Facebook Group (where we can talk more privately about relationships).

Simply hit the link to join

<https://www.facebook.com/groups/RewriteYourRelationshipStory/>

You can also send me a Private Message to my **messengerbot** to stay up to date with all of my workshops <https://m.me/DebbiCarberry>

I am starting a Relationship Revolution in 2019 - we have a 50% divorce and separation rate globally. Counselling and self-help books haven't changed that statistic since the 1950's. AND 2/3rd of all relationships are ended by women.

Come and join me for the **#relationshiprevolution** where I will show you why relationships don't survive and how to ensure that your next relationship doesn't become another statistic.

Debbi Carberry is a qualified relationship coach and expert based in Brisbane, Australia. She has a private practice and is also the creator of Rewrite Your Relationship Story Program and has been helping women and couples around the globe to have intimate, connected relationships for over a decade.



www.debbicarberry.com.au

