**Scoring recommendations and suggestions at the end of the document**

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

STATEMENT RESPONSE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| I can name my partner’s best friends. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I can tell you what stresses my partner is currently facing. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I know the names of some of the people who have been irritating in my partner’s current life. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I can tell you some of my partner’s life dreams. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I am very familiar with my partner’s religious beliefs and ideas. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I can tell you about my partner’s basic philosophy of life. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I can list the relatives my partner likes the least. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I know my partner’s favorite music. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I can list my partner’s three favorite movies. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My spouse is familiar with my current stresses. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I know the three times that have been most special in my partner’s life. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I can tell you the most stressful thing that happened to my partner as a child. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I can list my partner’s major aspirations and hopes in life. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I know my partner’s major current worries. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My spouse knows who my friends are. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I know what my partner would want to do if he or she suddenly won the lottery. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I can tell you in detail my first impressions of my partner. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| Periodically, I updated my knowledge of my partner’s world. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I feel that my partner knows me pretty well. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My spouse is familiar with my hopes and aspirations. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |

STATEMENT RESPONSE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| I can easily list the three things I most admire about my partner. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| When we are apart, I often think fondly of my partner. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I often find some way to tell my partner “I love you.” | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I often touch or kiss my partner affectionately. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My partner really respects me. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I feel loved and cared for in this relationship. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I feel accepted and liked by my partner. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My partner finds me sexy and attractive. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My partner turns me on sexually. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| There is fire and passion in this relationship. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| Romance is something our relationship definitely still has in it. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I am really proud of my partner. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My partner really enjoys my achievements and accomplishments. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I can easily tell you why I married my partner. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| If I had it to do all over again, I would marry the same person. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| We rarely go to sleep without some show of love or affection. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| When I come into a room, my partner is glad to see me. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My partner appreciates the things I do in this marriage. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My spouse generally likes my personality. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| Our sex life is generally satisfying. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |

STATEMENT RESPONSE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| We enjoy doing even the smallest things together, like folding laundry or watching TV. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I look forward to spending my free time with my partner. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| At the end of a day my partner is glad to see me. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My partner is usually interested in hearing my views on things. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I really enjoy discussing things with my partner. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My partner is one of my best friends. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| I think my partner would consider me a very close friend. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| We love just talking to each other. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| When we go out, the time goes very quickly. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| We always have a lot to say to each other. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| We have a lot of fun together in our everyday lives. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| We are spiritually very compatible. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| We tend to share the same basic values in life. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| We like to spend time together in similar ways. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| We really have a lot of interests in common. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| We have many of the same dreams and life goals. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| We like to do a lot of the same things. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| Even though our interests are somewhat different, I enjoy my partner’s interests. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| Whatever we do together we usually tend to have a good time. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |
| My partner tells me when he or she has had a bad day. | |  |  |  |  | | --- | --- | --- | --- | | True | ☐ (1) | False | ☐ (2) | |

True = 1 point

False = 2 points

Score:

60-74 points: You are likely satisfied in your relationship with minor weaknesses and concerns that may develop, over time, to be of a greater concern if not discussed with honesty and vulnerability.

75-89 points: You and your partner are facing some difficulties that have begun to appear and are likely being ignored with the belief that “it’s not a big deal” or “it will just go away”; however, this is rarely the case. Determine if the areas marked as “False” can be discussed between the two of you or if a neutral party (a therapist, close friend, Pastor, etc.) is necessary.

90-105 points: You are dis-satisfied in your relationship and have likely begun to “keep score” of your partner’s wrong-doing and are laying a foundation for bitterness; nothing good can come from this. It is strongly advised to seek relational assistance in order to prevent prolonged pain and further relational/emotional damage.

106-120 points: Your relationship is in critical condition and in dire need of therapeutic assistance in order to repair a significant amount of pain and damage. Hope is real! Reconciliation is real! Forgiveness is real! You can come back from this!

Lastly, review your scores in contrast to you partners. If there is a difference of more than 15 points (you score 65 and they scored 81 for example) then a discussion must occur as there is a breakdown of communication and validation occurring in the relationship which will likely yield disappointment and despair in the future.

Please contact me to schedule a **free session** to discuss the results and to further determine if our services are appropriate for your family. I look forward to hearing from you!

Rick Harter MSMFT, LPC

417.439.0949

rick.harter@currentinterventionfamilytherapy.com

currentinterventionfamilytherapy.com

\*This document is a collaboration of sources obtained over several years of practice and teaching. I am unsure who deserves the credit as there have been many influencers.