

Quiz: Is There More Room for Fondness and Admiration in Your Marriage?

To assess the current state of fondness and admiration in your marriage, read the following statements and answer each "true" or "false."

PARTNER A

T/F

- | | | |
|-------|--|-------|
| _____ | 1. I can easily list three things I most admire about my partner. | _____ |
| _____ | 2. When we are apart, I think fondly of my partner. | _____ |
| _____ | 3. I often find some way to tell my partner "I love you." | _____ |
| _____ | 4. I often touch or kiss my partner affectionately. | _____ |
| _____ | 5. My partner really respects me. | _____ |
| _____ | 6. I feel loved and cared for in this relationship. | _____ |
| _____ | 7. I feel accepted and liked by my partner. | _____ |
| _____ | 8. My partner finds me sexy and attractive. | _____ |
| _____ | 9. My partner turns me on sexually. | _____ |
| _____ | 10. There is fire and passion in this relationship. | _____ |
| _____ | 11. Romance is definitely still part of our relationship. | _____ |
| _____ | 12. I am really proud of my partner. | _____ |
| _____ | 13. My partner really enjoys my achievements and
accomplishments. | _____ |

PARTNER B

T/F

- ___ 14. I can easily tell you why I married my partner. ___
- ___ 15. If I had it all to do over again, I would marry the same ___
person.
- ___ 16. We rarely go to sleep without some show of love or ___
affection.
- ___ 17. When I come into a room, my partner is glad to see me. ___
- ___ 18. My partner appreciates the things I do in this marriage. ___
- ___ 19. My spouse generally likes my personality. ___
- ___ 20. Our sex life is generally satisfying. ___

TO SCORE: Give yourself one point for each true (T) answer.

IF YOU SCORE 10 OR ABOVE: This is an area of strength for you. Your feelings of fondness and admiration will protect your marriage from the bad feelings that may come up between you.

IF YOU SCORE BELOW 10: Your marriage needs improvement in this area. You may need to take steps to revive positive feelings that were more obvious to you when your relationship began, or to build new feelings of fondness and admiration.