## COUPLES CHECK-UP QUIZ

## **Directions:**

Each member of a couple should answer these questions as honestly as possible.

Check-up Questions			
1. There is a warm intimacy between us most of the time.			
□ Strongly Agree	□ Agree	□ Disagree	□ Strongly Disagree
2. I have no trouble forgiving my partner when I am hurt in our relationship.			
□ Strongly Agree	□ Agree	□ Disagree	□ Strongly Disagree
3. We are consistently able to do the things that we need to do to maintain a healthy relationship.			
□ Strongly Agree	□ Agree	□ Disagree	□ Strongly Disagree
4. Overall I feel our relationship is exactly as it is supposed to be.			
□ Strongly Agree	□ Agree	□ Disagree	□ Strongly Disagree
5. Any disagreements we have are resolved without hurts or conflicts.			
□ Strongly Agree	□ Agree	□ Disagree	□ Strongly Disagree
6. Our communication is always clear so we understand each other well.			
□ Strongly Agree	□ Agree	□ Disagree	□ Strongly Disagree
7. It is easy to apologize to my partner when I do something wrong			
□ Strongly Agree	□ Agree	$\Box$ Disagree	□ Strongly Disagree
Based on your answers, which of these aspects of your relationship do you feel need work?			
□ Strongly Agree  3. We are consistently □ Strongly Agree  4. Overall I feel our re □ Strongly Agree  5. Any disagreements □ Strongly Agree  6. Our communication □ Strongly Agree  7. It is easy to apologiculary Agree	□ Agree  / able to do the □ Agree  elationship is e □ Agree  we have are re □ Agree  n is always cle □ Agree  ize to my partn □ Agree	□ Disagree  things that we note □ Disagree  xactly as it is sup □ Disagree  esolved without h □ Disagree  ar so we understa □ Disagree  ter when I do som □ Disagree	□ Strongly Disagree  eed to do to maintain a healthy relationship. □ Strongly Disagree  posed to be. □ Strongly Disagree  urts or conflicts. □ Strongly Disagree  nd each other well. □ Strongly Disagree  eething wrong □ Strongly Disagree