Relationship Problem Quiz

1. Do you and your partner tend to have negative experiences with each other more than a third of the time?
2. Do you or your partner tend to use words such as ‘never’ or ‘always’ when you talk to each other in a negative tone?
3. Do you and your partner complement or praise each other on a regular basis?
4. Do you or your partner tend to shut down when you get into arguments?
5. Do you and your partner go out and do fun things together on a regular basis?
6. Do you and your partner laugh together often?
7. Do you and your partner tend to often disagree about money, childrearing, or in-laws?
8. Do you or your partner tend to get defensive or blame each other when things go wrong in your relationship?

If you answered yes to #’s 1, 2, 4, 7, or 8 you could benefit from couples’ therapy. If you answered yes to more than one of the above, your relationship may be currently in danger and couples therapy should be immediately be pursued.

If you answered yes to questions 3, 5, and 6 you’re on the right track, but may need some help if you answered yes to 1, 2, 4, 7, or 8.