

# How Well Do You Know Your Partner?

Reprinted courtesy The Gottman Institute

One of the most important features of successful couple relationships is the quality of the friendship. Do you know your partner's inner world? Take the quiz below and find out.

1. I can name my partner's best friends.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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2. I know what stresses my partner is currently facing.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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3. I know the names of some of the people who have been irritating my partner lately.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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4. I can tell you some of my partner's life dreams.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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5. I can tell you about my partner's basic philosophy of life.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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6. I can list the relatives my partner likes the least.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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7. I feel that my partner knows me pretty well.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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8. When we are apart, I often think fondly of my partner.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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9. I often touch or kiss my partner affectionately.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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10. My partner really respects me.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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11. There is fire and passion in this relationship.

<input type="text" value="1"/>	yes	<input type="text" value="0"/>	no
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12. My partner appreciates the things I do in this relationship.

1	yes	0	no
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13. My partner generally likes my personality.

1	yes	0	no
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14. Our sex life is mostly satisfying.

1	yes	0	no
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15. At the end of the day my partner is glad to see me.

1	yes	0	no
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16. My partner is one of my best friends.

1	yes	0	no
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17. We just love talking to each other.

1	yes	0	no
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18. There is lots of give and take (both people have influence) in our discussions.

1	yes	0	no
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19. My partner listens respectfully, even when we disagree.

1	yes	0	no
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20. My partner is usually a great help as a problem solver.

1	yes	0	no
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21. We generally mesh well on basic values and goals in life.

1	yes	0	no
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Your score:

15 or more yes answers: You have a lot of strength in your relationship. Congratulations!

8 to 14: This is a pivotal time in your relationship. There are many strengths you can build upon but there are also some weaknesses that need your attention.

7 or fewer: Your relationship may be in serious trouble. If this concerns you, you probably still value the relationship enough to try to get help.

This quiz highlights elements of what Dr. Gottman refers to as your "love map." In his workshops, Dr. Gottman discusses the step-by-step process of making sure that you nurture your friendship with your partner. In a survey of 200 couples attending a weekend workshop, Dr. Gottman found that the best predictor of passion and romance in a relationship was...you guessed it...the quality of the friendship!