

GRADING YOUR RELATIONSHIP

For each item, circle the grade your relationship has earned this past month.

1. We're tolerant of each other.	A	B	C	D	F
2. We keep our arguments contained.	A	B	C	D	F
3. We defuse anger quickly.	A	B	C	D	F
4. We share intimate feelings.	A	B	C	D	F
5. We cooperate on daily task.	A	B	C	D	F
6. We agree on what's "fair share" of chores.	A	B	C	D	F
7. We agree on money issues.	A	B	C	D	F
8. We have a good time with each other.	A	B	C	D	F
9. We enjoy friends together.	A	B	C	D	F
10. We encourage independence in each other.	A	B	C	D	F
11. We share recreational activities.	A	B	C	D	F
12. We share spiritual activities.	A	B	C	D	F
13. We share activities with extended family.	A	B	C	D	F
14. We make time for each other.	A	B	C	D	F
15. We're comfortable with silence together.	A	B	C	D	F
16. Our relationship is sexually satisfying.	A	B	C	D	F
17. Our relationship is physically satisfying	A	B	C	D	F
18. Our relationship is emotionally satisfying	A	B	C	D	F
19. We celebrate holidays without stress.	A	B	C	D	F
20. We balance risk taking with security.	A	B	C	D	F
22. We face disappointments together.	A	B	C	D	F
23. We sacrifice for each other.	A	B	C	D	F
24. We keep work and home separate.	A	B	C	D	F
25. If work intrudes at home, we handle it well.	A	B	C	D	F
25. We agree on our "to do" list.	A	B	C	D	F
25. We touch base during the work day.	A	B	C	D	F
25. We plan weekends effectively.	A	B	C	D	F
25. We eat meals together on a regular basis.	A	B	C	D	F
25. We agree on parenting strategies.	A	B	C	D	F
25. As a couple we are open to new experinces.	A	B	C	D	F

You be the judge. Should you notice that your relationship grade is poor in several area's then it may be an indication that you and your partner are not getting the satisfaction you both want from your relationship.