

Marriage Matters Love Quiz

This quiz is designed to help you detect some of the warning signs that may indicate you have some problems in your relationship that need attention. If you're single, take the quiz thinking about the most recent or most serious relationship you have had. Answer as honestly as you can. Remember: The first step towards changing your love life is facing what isn't working.

Grade yourself on each question according to how frequently these statements apply to you. Answer as honestly as you can. You may not like admitting some of this to yourself, but facing it is the first step toward changing it. And remember: *You have a much better chance of staying in love by being aware of the warning signs than you do by ignoring them!*

Total up your points.

_____ points: ***Your relationship is in good shape.*** The tools you'll learn in this program will help you make it even better and keep it that way. To avoid future problems, work on those areas in which you had a higher score.

_____ points: **Your relationship is in the beginning stage of difficulty.** You may not notice it yet, but in time, bigger problems will erupt. After you've finished this lesson and completed the exercises, sit down with your partner and discuss the areas that aren't working. The rest of this program will give you the tools you need to get your relationship back on track.

_____ points: *Pay attention:* **Your Relationship Is In Trouble.** You are well on the road either to a passionless relationship or to a separation. If you want to save your relationship, you need to make a commitment to doing every aspect of this program 100%, and you need to do it as a team. If you work together, and apply everything you learn in Marriage Matter and seek help, you have a good chance of saving your relationship.

_____ points: **EMERGENCY!** *Your relationship is in a crisis and needs immediate attention!* You have a chance of saving it, but only if you stop ignoring the problem. You cannot afford to wait. You must fight off your own **numbness** and **negativity** if you want this relationship to survive. Consider this as much of an emergency as if it were a medical emergency. The first step was getting here and it's up to you to use what you learn as the emotional first aid you need. Next step is to get help; Godly Counseling, godly marriage workshops, godly marriage fellowship, strong godly couples' advice, etc.

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Questions - Very frequently...5 points Often...3 points Seldom...1 point Never...0 points	Pts
1. You are critical of your partner, out loud or to yourself.	
2. You feel a drive to do things without your partner, a craving for your own space.	
3. You find yourself looking at or being attracted to other members of the opposite sex.	
4. You avoid having sex or intimacy with your partner; you don't seem to find the time or be in the right mood (headache, tired, etc.)	
5. You find yourself unable to forgive certain things your partner has done in the course of the relationship, and still feel angry or upset when you think of these things.	
6. You stay home a lot with your partner because neither of you makes plans for social activities out together.	
7. You feel nostalgia (homesickness) for the past, remembering the beginning of your relationship as a happier time, or remembering other relationships prior to this one as being more exciting.	
8. You spend most of your free time with friends or in activities that do not involve your partner.	
9. You do not share your feelings or observations with your partner because you feel he or she won't understand or appreciate your thoughts or feelings.	
10. You have some form of addiction that causes you to become numb to your feelings: drinking alcohol, using drugs or tranquilizers, overeating, etc.	
11. You and your partner don't take the initiative to plan or spend romantic time together.	
12. If you have children, you and your partner spend most of your time alone together talking about the children when you are together as a family, you pay more attention to the children than you do to each other.	
13. You have a best friend with whom you share important feelings that you don't share with your partner. You feel closer to this person in many ways than you do to your partner, and feel he or she understands you in ways your partner does not.	
14. You tune out what your partner says when he or she talks to you, only half-listening to what he or she is saying.	
15. You avoid being alone with your partner by working late at night, bringing work home, or over scheduling yourself so you never seem to have time for each other.	
16. You are neglecting your appearance; you are overweight; you pay little attention to dressing in an attractive way for your partner; or you neglect personal hygiene.	
17. You criticize your partner to friends or family and complain about the relationship.	
18. You compare your partner unfavorably with other people the others appear more attractive, wittier, sensitive.	
19. You neglect to give compliments and other expressions of appreciation to your partner.	
20. You fantasize sexually about other people when you are in or out of bed.	
Total Points	