

# Gottman Quiz

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## Relationship Happiness

**Right now**, how do you feel?

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|--|-----|---|---|
| I feel emotionally close to my partner.  | 1.  | T | F |
| I think that my partner really cares about me.                                       | 2.  | T | F |
| I feel confident that we can deal with whatever problems or issues that might arise. | 3.  | T | F |
| I would consider myself happy in this relationship.                                  | 4.  | T | F |
| I feel respected by my partner.  | 5.  | T | F |
| I am committed to staying in this relationship.                                      | 6.  | T | F |
| I have a great deal of respect and admiration for my partner.                        | 7.  | T | F |
| I find my partner very interesting.  | 8.  | T | F |
| I feel that my partner finds me physically attractive.                               | 9.  | T | F |
| If I ever needed help I could count on my partner.                                   | 10. | T | F |
| My partner really tries hard to meet my needs.                                       | 11. | T | F |
| My partner really listens to me.   | 12. | T | F |
| I am satisfied with our sex life.  | 13. | T | F |
| I am confident that we can handle any conflict that may arise between us.            | 14. | T | F |
| My partner shows pride in my accomplishments.  | 15. | T | F |
| I feel appreciated for what I contribute to this relationship.                       | 16. | T | F |
| I really feel loved in this relationship.  | 17. | T | F |
| My partner really knows me well.   | 18. | T | F |
| My partner is one of my best friends.  | 19. | T | F |
| My partner loves my sense of humor.  | 20. | T | F |

Give yourself one point for each item you marked "true." If you scored 11 or above, you are well on your way to a secure bond, and Gottman Therapy can help you enhance your relationship. Below 7 means this is a time to focus on a challenged level of the Sound Relationship House (insert Sound Relationship House diagram).