

# COUPLES CHECK-UP QUIZ

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## Directions:

Each member of a couple should answer these questions as honestly as possible.

### Check-up Questions

1. There is a warm intimacy between us most of the time.

Strongly Agree     Agree     Disagree     Strongly Disagree

2. I have no trouble forgiving my partner when I am hurt in our relationship.

Strongly Agree     Agree     Disagree     Strongly Disagree

3. We are consistently able to do the things that we need to do to maintain a healthy relationship.

Strongly Agree     Agree     Disagree     Strongly Disagree

4. Overall I feel our relationship is exactly as it is supposed to be.

Strongly Agree     Agree     Disagree     Strongly Disagree

5. Any disagreements we have are resolved without hurts or conflicts.

Strongly Agree     Agree     Disagree     Strongly Disagree

6. Our communication is always clear so we understand each other well.

Strongly Agree     Agree     Disagree     Strongly Disagree

7. It is easy to apologize to my partner when I do something wrong

Strongly Agree     Agree     Disagree     Strongly Disagree

Based on your answers, which of these aspects of your relationship do you feel need work?

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