The Relationship Test for Couples

This Test is designed for you and/or your partner to rank your relationship.
It's an assessment on the vitality of your connection, your empowerment and your love.
And, it will take both of you, not one of you, to make that happen.

Instructions: To the right, rate each statement with a 0, 1, 2, 3 or 4.
Ranking System: 4 = Most of the time, 3 = Some of the time, 2 = Half of the time, 1 = Rarely, 0 = Never

1. We listen to each other until we both feel understood. ______
2. We both speak in a way that the other person can understand. ______
3. We embrace conflict and work through it effectively and efficiently. We don’t bury anything under the rug. We deal with it. ______
4. We repair well after our connection is disrupted or one or both of us gets hurt or upset. ______
5. When one of us gets triggered, the other knows how to be helpful without F.R.A.C.K.ing. ______
6. We can both set boundaries, say NO, and take space without the other person taking it personally. ______
7. We both feel emotionally and physically safe in the relationship. ______
8. We know each other’s non-negotiable needs and support each other with them. ______
9. We can both effectively deal with past resentments and know how to clear them. ______
10. We are both able to receive feedback from each other without justifying or defending. ______
11. We are both able to give heart-centered feedback that the other person can receive. ______
12. We are both willing to get outside help when we get stuck. ______
13. We both have a challenge and support system outside of the relationship. ______
14. Our closest friends know the real us. We are not hiding our relationship issues from them. ______
15. We have a couple role model that is a living example of what we want to become. ______
16. We have a very clear plan (in writing) when things get bad. ______
17. We have agreements (beyond our vows) that are designed to ensure the emotional safety of our partnership. ______
18. Both of us feel like a high priority to the other person. ______
19. Both of us understand what is most important to the other person. ______
20. We know our partner’s top 3 biggest triggers and their core wound and we know what they need under stress. ______
21. We have gone through intense darkness and come out the other side stronger together. ______
22. We both feel like the other person has our back, no matter what. ______
23. We attend to our sexuality and face our fears and blocks. We continue to be sexually active. ______
24. Our relationship gets deeper and more meaningful over the length of our entire relationship. ______
25. We are both committed to growth, self study and studying relationships in an ongoing way. ______

Next Steps: Review your results in The Relationship Test Results Document.
The Relationship Test for Couples Results

Heads up: Please don’t review this until you’ve taken the test above.

Now that you have filled out The Relationship Test, let’s review it.

First, what is the purpose of The Relationship Test?

To honestly evaluate your intimate relationship (or your past relationship if you are single) as objectively as possible, to help you realize how close or far you are from getting a safe, sexy, successful partnership. The results will also allow you to see more clearly where your weaknesses are, which will challenge you to decide if you want to do something about it.

Let’s face it, if you did this honestly, you have some room for improvement, right?

It will take some work to be a Smart Couple, plain and simple.

You might be thinking “I’m not really going to change.” or “Yeah, but people don’t change.”

That’s true only for people with a fixed mindset. If you keep that attitude, I cannot help you because you are demonstrating that you are unwilling to learn.

However, If you have a growth mindset and are willing, let’s get after it...

Many of us have weaknesses in life and in some contexts it makes no sense to work on them. But in a long-term relationship, if you don’t work on your weaknesses, you’re doomed.

One of my mentors, Eben Pagan, says it best using a business example. “In business, you can farm out your weaknesses, but in a romantic relationship, you work on them.”

For better or worse, if you can’t listen to your partner well, you can’t farm that out with a therapist. And if you do, your spouse will want to go see their therapist during challenges times, instead of you. Over time, this will create a rift between the two of you.
When you have a strong partner and feel like they have your back, you share your deepest secrets, insecurities, and dreams to them. They are the primary person in your life that you bring your heart to. Sure, you need to get support outside the relationship as well, but in an ideal relationship, you get support inside the relationship first. You cry on your partner’s shoulder first, then if they can’t help you work through it, which often they can’t, you hire a badass to help guide you through it.

So, this scorecard helps you see what kind of relationship you are in and where you will need to put in some effort.

**How long have you been together?**

Note: Length of your relationship matters here.

Anyone can score a 90 in the first six months or year. But after 5 or 10 years is where this test really matters. Over time, this is where most couples fail. The Smart Couple continues to put strong effort into the partnership and in doing so, sees results. Just like a musician, dancer, gardener, or entrepreneur, you never stop working on your craft. If you don’t stay agile, you’ll eventually get bored or burnt out.

The bottom line is that **TIME MATTERS.** This test is best scored after many years. The picture will be more realistic. If you score yourself in the honeymoon phase, you’ll likely score high. But give it time, your score will likely plummet.

**Now, let’s review your score. Here are the basic scoring results with a description of each**

**100**
All of The Time - 100%. Don’t even bother pretending like you got 100. No one does. What matters here is above 90 points. So, if you guys scored between 90-100, you are in a very high functioning relationship and you ought to be teaching this stuff to others, especially if you have been together for over 10 years.

**80**
Anything above an 80 is great. Keep doing what you are doing and if you found some weak spots, keep at it and keep working on those!

**75**
If you scored a 75%, that’s a C average. Also, this isn’t bad. You are still better off that most people. You have work to do to make your relationship more solid. There’s strong potential here
and you’re getting closer to having the kind of relationship that others dream of. You just need to pinpoint your weaknesses and focus on improving those.

50
The vast majority of couples score below a 50, which is an F, for failure.

Don’t worry, failure is great IF you choose to learn from it. If you want to stay a helpless victim and blame someone else, The Relationship School® can’t help you.

If you fail, like I did for years, and you want to learn, then no problem. You are on your way to a great relationship. You just need to go to the relationship gym and get a workout.

Repeat- below a 50 is NOT a problem, unless you take zero action. If you choose to learn and grow, then you’ll watch the number climb over time.

**What if I’m with a partner who scored low and I scored high?**

Remember, this scorecard is to score your relationship as a couple. Not as individuals. So you MUST score this as a couple. It’s WE, not a ME scorecard (However, we do have a ME version as well we give in our live trainings).

After you create a couple score, if you want, you are welcome to put an I statement in place of the word “We” and see how you personally scored.

But know this…

...if you both are not working on the relationship together, you can’t do it. Imagine a study partner in college that didn’t read the books or go to class, but wanted an A. Do you really want to carry them? I don’t think so. You’ll need to find a new study partner that will help you get the grade you want so you can both push each other to get the grade. Your partner’s job is to push you and support you and be patient with you when you are stuck or feeling like you can’t do it.

**So, here’s your next step.**

It’s simple.

Learn.

That’s right. Learn how to do romantic relationships well.
How?

By going to school and getting an education in how relationships work.

Final Accountability Step

In the meantime, here is your first action step. Get out a journal or your laptop and make a declaration...

“I, ____________ (your name), declare that I am tired of feeling the way I do in a partnership and I’m going to take full responsibility and learn how to do this thing called partnership. I’m going to stop blaming my past or my partner. I’m going to learn how to get good at it, so it’s fulfilling to me and so that my partner (or future partner) feels loved, respected and cared for in a way that works for him/her.”

Notice how that feels.

Finally take a risk and share this with at least one person in your life. Reach out to your partner, or one friend and let them in on this new action step. This helps you get out of isolation and into relationship with someone you care about. It’s also vulnerable to let someone into your relationship life. Just tell them something like this:

“Hey friend, This is kind of vulnerable to admit, but I’m realizing i really struggle inside of romantic relationships when they get hard. I’m tired of feeling this way so I’m going to do something about it. I’m going to start learning how at The Relationship School®.”

Let someone in on your new commitment. That way, you can’t hide out again and pretend like everything’s fine. Plus, your vulnerability might inspire them to be more vulnerable with you.

If you do this, you are inviting a new form of intimacy that is going to set the stage from here on out and you are on your way to a safe, sexy, and successful long term relationship.

Congrats and welcome again!

Stay tuned as we take the next step on your learning journey.

Thanks for being here,

Jayson Gaddis, Founder | The Relationship School®