

Is your relationship 80/80?

	Strongly Disagree		Neutral		Strongly Agree								
1. We argue constantly over who does more, who's trying harder, and who cares more.	1	2	3	4	5	6	7
2. One of us holds most of the power to make big decisions.	1	2	3	4	5	6	7
3. My partner rarely praises me for my successes or accomplishments.	1	2	3	4	5	6	7
4. It feels like things just aren't fair in my relationship	1	2	3	4	5	6	7
5. Our conflicts and arguments rarely get resolved. Hard feelings linger for days or even weeks.	1	2	3	4	5	6	7
6. When it comes to who does what (roles), we just 'wing it' and one of us ends up doing almost everything.	1	2	3	4	5	6	7
7. It's rare that we carve out intentional time to be together.	1	2	3	4	5	6	7
8. When I do something nice for my partner, I feel like they now owe me.	1	2	3	4	5	6	7
9. During a busy week, we rarely hug, kiss, or express affection for each other.	1	2	3	4	5	6	7
10. When I feel resentment or anger, I either withdraw or lash out at my partner.	1	2	3	4	5	6	7

What's my score?

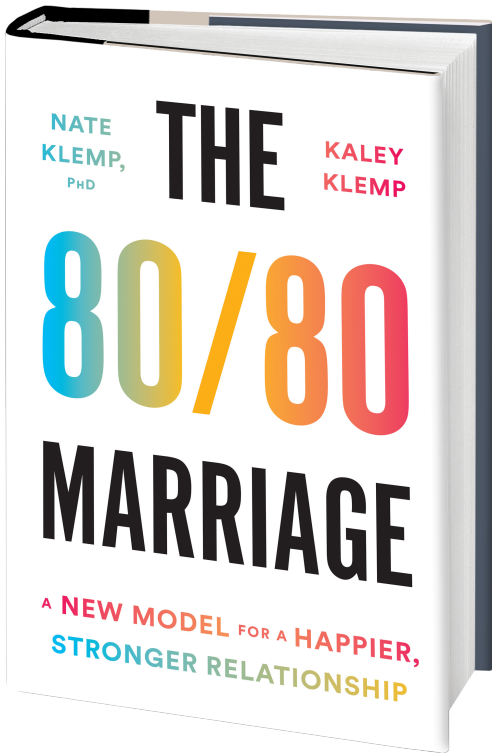
Total

Add up your responses to each question to find your total score.
See where you ended up in the ranges below.

- **10 – 30:** You're living the 80/80 marriage dream. You have occasional hiccups but mostly live in the mindset of radical generosity. Keep up the good work!
- **31 – 55:** You're experiencing challenges of 50/50 married life. The good news is that you can shift your experience of relationship using the tools of 80/80.
- **56 – 70:** Your relationship might best be defined as 80/20. You likely experience significant conflict, resentment, and misunderstanding. That's the bad news. The good news is that you can begin shifting this using the tools of 80/80.

Want more?

Preorder your copy of The 80/80 Marriage today!



"Beautifully written and illustrated and brilliantly argued."

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"This brilliant book offers a pathway for couples to deepen connectedness."

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