

ARE YOU A RELATIONSHIP MASTER OR DISASTER?

Question 1: How often do you express appreciation to your partner?

- A. Rarely or never
- B. Only on special occasions
- C. Occasionally
- D. Regularly

Question 2: When your partner is upset, how do you usually respond?

- A. I ignore or avoid them.
- B. I get defensive or start an argument.
- C. I listen but don't engage much.
- D. I actively listen and offer comfort or help.

Question 3: How do you handle conflicts in your relationship?

- A. I tend to criticize and blame my partner.
- B. I avoid conflicts altogether.
- C. We discuss it, but not always constructively.
- D. We calmly discuss and seek compromise.

Question 4: Do you know and understand your partner's daily stresses and worries?

- A. Not at all.
- B. Only the big issues.
- C. Somewhat.
- D. Yes, I make an effort to be in tune with their concerns.

Question 5: How do you respond when your partner bids for your attention?

- A. I often ignore or reject their attempts.
- B. I sometimes acknowledge them.
- C. I acknowledge them, but not always enthusiastically.
- D. I am eager to engage and connect with them.

Question 6: How often do you experience joy or fun in your relationship?

- A. Rarely or never.
- B. Only on special occasions.
- C. Occasionally.
- D. Often.

Question 7: How would you describe the overall respect and admiration in your relationship?

- A. There's a lack of respect and admiration.
- B. We respect each other but rarely express it.
- C. We generally respect and admire each other.
- D. We deeply respect and admire each other and express it often.

Nōmina

INTEGRATED HEALTH

SCORING:

For each A answer, give yourself 0 points.

For each B answer, give yourself 1 point.

For each C answer, give yourself 2 points.

For each D answer, give yourself 3 points.

RESULTS:

0-7 points: Relationship Disaster - There's work to be done. Consider exploring Gottman Method techniques or counselling to strengthen your relationship.

8-14 points: On the Fence - You have some positive relationship traits but could benefit from incorporating more 'Master' techniques.

15-21 points: Relationship Master in the Making - You're on a good path! Continue building on these positive behaviours.

22-21 points: Relationship Master - Your relationship is thriving! Continue nurturing and building your bond.

Note: Remember, this quiz is not a professional evaluation. For serious concerns, it's always best to consult a professional.

Nōmina

INTEGRATED HEALTH

Designed with care and insight, this quiz acts as a compass to help you understand the dynamics that shape and nurture your romantic relationships. Whether you find that your relationship is flourishing or facing challenges akin to navigating a maze, Nōmina Integrated Health is here to support you every step of the way.

Our empathetic and highly skilled relationship and sex therapists are committed to guiding couples through the enchanting, yet sometimes perplexing, paths of love. With counselling sessions artfully tailored and enriched by the wisdom of the Gottman Method, we stand by couples in their quest to cultivate harmonious and deeply fulfilling relationships.

Take the first steps with Nōmina Integrated Health and unlock the potential for an extraordinary love journey.



COURTENAY, BC



WINNIPEG, MB



ST. CATHARINES, ON