

Relationship Skills Questionnaire



Mistakes are made every day in our relationships. But, there are mistakes, and there are *critical mistakes*. A critical mistake is a problem that occurs habitually in one of the nine *critical areas* discussed in our quiz. Are you making any critical mistakes that will eventually take a serious toll on your relationship? Take our quiz and find out.

1. You are in an important discussion with your mate when things get tense.
 - a) You often press your point no matter how your mate responds.
 - b) Things escalate into shouting and yelling as you continue trying to make your point.
 - c) You both immediately take a time out and agree to talk later when emotions have settled.
 - d) You walk away, stuffing the problem, hoping it will go away.

2. You know there is something difficult you must talk about with your mate.
 - a) You avoid the topic, fearing it will cause tension.
 - b) You bring up the problem, but minimize its importance.
 - c) You wait for a good time and discuss the importance of the issue in an honest and straightforward way.
 - d) You distract yourself with other things, blocking the problem out of your mind.

3. You get into an argument with your mate.
 - a) You beat around the bush, having difficulty with clear, honest communication.
 - b) You find yourself talking about several things at once, forgetting the central issue.
 - c) You press your point, insisting that you are "right," and they are "wrong."
 - d) You stick to one topic at a time, saying it clearly and concisely.

4. You believe you are "right" about a certain topic.
 - a) You tell your mate that they are "wrong" and you are "right."
 - b) You persist with pointing out the obvious truth, arguing facts to support your position.
 - c) You let the issue go and agree to disagree.
 - d) You decide that being right is far less important than being loving.

5. There's an issue in your relationship from the past still troubling you about your mate.
 - a) You bring up the issue again and again, letting them know repeatedly how troubled you are about the issue.
 - b) You bring up the issue at critical times when you're feeling hurt.
 - c) You usually ignore the issue, but bring up the issue occasionally, letting old wounds fester.
 - d) You share your feelings in a way that helps you work toward forgiveness and resolution of the issue.

6. You are concerned about a critical, negative tone in your relationship. Your mate would say:
 - a) You are overly critical.
 - b) You keep your relationship filled with encouragement and you champion their good traits.
 - c) You offer encouragement occasionally.
 - d) You are somewhat critical, but can also be encouraging.

7. You are angry about something in your relationship.
 - a) You let your partner know exactly where you stand.
 - b) When you're upset, sometimes the only way to get your point across is to shout or use pointed language.
 - c) Even though you are angry, you're careful not to hurt your partner while you express frustration.
 - d) You believe it's okay to yell and scream, though apologize later for your language.

8. You're mad because you feel your mate is telling you how to live, attempting to control your language, feelings or behavior.
 - a) You firmly, yet lovingly, tell them to please stop telling you how to do things.
 - b) You usually listen, occasionally erupt, but often hide your growing resentment.
 - c) You give hints that you do not like them telling you how to live.
 - d) You tell them that you appreciate their concern, but the decision is ultimately your own.

9. You find yourself desiring closeness in your relationship.
 - a) You bring it up to your mate, and share your desire for more intimacy.
 - b) You avoid the topic and feel increasingly distant from your mate.
 - c) You talk about intimacy once in a while, hoping things will change.
 - d) You hide your disappointment and anger, instead sharing your feelings indirectly through sarcasm.

Relationship Skills Questionnaire Scoring Key

Review your answers. Assign a point value for each answer to each question. Add up your total, review your scores and compare answers with your mate. Note areas of strength and areas of concern.

Score

# 1	A (3),	B (4),	C (1)	D (2)	_____
# 2	A (4),	B (3),	C (1)	D (2)	_____
# 3	A (2),	B (3),	C (4)	D (1)	_____
# 4	A (4),	B (3),	C (2)	D (1)	_____
# 5	A (4),	B (3),	C (2)	D (1)	_____
# 6	A (4),	B (1),	C (2)	D (3)	_____
# 7	A (2),	B (3),	C (1)	D (4)	_____
# 8	A (1),	B (4),	C (3)	D (2)	_____
# 9	A (1),	B (3),	C (2)	D (4)	_____

TOTAL: _____

Analysis from The Relationship Doctor:

1-9: You're doing great. You are human, however, so you make mistakes, but they are not critical ones that will erode your marriage over time. Keep up the good work.

10-19: You and your mate have areas of concern, but you're working on them. Improve the areas of concern and continue to strengthen effective relationship skills.

20-27: You are in the danger zone, and should begin to pay special attention to honestly communicating your needs, and avoiding a critical bent in the way you treat your spouse.

27-36: You and your spouse need to sit down immediately and have an honest heart to heart about the state of your union. There are critical mistakes happening in your relationship that will eventually lead to its demise. Seeing a professional counselor is highly recommended.