

This inventory measures five different areas of intimate connection – emotional, intellectual, physical, sexual, and spiritual. Answer honestly and realistically.

1. When I open up to my partner and share vulnerable feelings, I mostly feel:
 - a. Understood and supported.
 - b. Like my partner is interested by not very involved.
 - c. Like my partner moves in to “solve my problem” or else get defensive.
 - d. At this point, I don’t open up to my partner very much.
2. I feel like I understand my partner’s insecurities because:
 - a. He or she talks to me about them and asks for my support.
 - b. He or she mentions them without much emotion.
 - c. I can tell when my partner’s upset even though he or she does not talk about it.
 - d. Much of the time I honestly do not know what’s going on inside my partner’s head.
3. Spending time alone with my partner is most often:
 - a. Relaxing and a treat just hanging out together.
 - b. Fun if we are sharing something that we both enjoy.
 - c. Not as much fun as being with other people together.
 - d. A mixed bag, sometimes enjoyable but sometimes tense.
4. When we have a conflict we:
 - a. May blow up or get heated, but then talk about it and work it out.
 - b. We rarely have conflicts, we sometimes disagree but it just works out somehow on its own.
 - c. There’s a lot of conflict, either open or understated, in our relationship, but we don’t address it.
 - d. We used to fight a lot, but we’ve pretty much give up.
5. In our views on how to live life (money, raising children, values), we:
 - a. Don’t always agree but are able to respect each other’s differences, even if they grate from time to time.
 - b. Share a lot of common interests. Our values seem similar enough not to create problems.
 - c. Have very different values on many issues, but discussing them doesn’t get us anywhere .
 - d. Usually disagree. My partner tries to control many aspects of our lives.
6. When I share ideas with my partner about myself or the world, I generally feel:
 - a. Stimulated and respected. I’m interested in my partner’s opinion and feel the same back
 - b. Like my partner listens respectfully, but is really more concerned with his or her own thoughts and ideas.
 - c. Like my partner turns to outer people for intellectual companionship.
 - d. Like my partner rarely gives me the credit I deserve. Sometimes, he or she just acts like I’m stupid.
7. I feel judged and criticized by my partner:

- a. Only rarely.
 - b. Occasionally.
 - c. Often.
 - d. Most of the time.
8. My partner and I are physically affectionate (hold hands, cuddle, put our arms around each other):
- a. A lot.
 - b. Occasionally.
 - c. Rarely.
 - d. Almost never.
9. Sex with my partner is:
- a. A place where we connect, even though it's hard to make time for it sometimes.
 - b. Satisfying if a bit routine.
 - c. Something I'd like to see more of, but I need to feel connected first.
 - d. A sore spot between us, something we often wind up fighting about.
10. When I think about the two of us growing old together, I:
- a. Imagine it will be great to be unconstrained by our many responsibilities and that we will enjoy the world together.
 - b. Think that we will be good companions who can trust each other.
 - c. Wonder if we will have enough in common to share a good life together.
 - d. Worry that without the glue that's been holding us together, things may get worse between us, or we might drift apart.

Scoring:

For all answers: A = 4; B = 3; C = 2; D = 1

Write your score here: _____

Scores below a 30 indicate opportunity for improvement with a therapist.

Call or email me for a free 15-minute consult to discuss your results.

Quiz Citation: Real, Terrance. How Can I Get Through To You. Simon & Schuster 2002.