

Charles J. Gruich, M.D.  
Family Medicine  
2356 Pass Rd., Suite 100  
Biloxi, MS 39531

## THE EMOTIONAL BANK ACCOUNT ASSESSMENT

Marital Skill: Ability to turn toward, rather than away from your spouse

To get a good sense of how your relationship is faring in the romance department, answer the following questions. Read each statement and circle T for "true" or F for "false."

1. We enjoy doing small things together, like folding laundry or watching TV. T F
2. I look forward to spending my free time with my partner. T F
3. At the end of the day my partner is glad to see me. T F
4. My partner is usually interested in hearing my views. T F
5. I really enjoy discussing things with my partner. T F
6. My partner is one of my best friends. T F
7. I think my partner would consider me a very close friend. T F
8. We just love talking to each other. T F
9. When we go out together, the time goes very quickly. T F
10. We always have a lot to say to each other. T F
11. We have a lot of fun together. T F
12. We are spiritually very compatible. T F
13. We tend to share the same basic values. T F
14. We like to spend time together in similar ways. T F
15. We really have a lot of common interests. T F
16. We have many of the same dreams and goals. T F
17. We like to do a lot of the same things. T F
18. Even though our interests are somewhat different I enjoy my partner's interests.
19. Whatever we do together, we usually tend to have a good time. T F
20. My partner tells me when he or she has had a bad day. T F

Give yourself one point for each "true" answer.

10 or above: This is an area of strength in your marriage. Your Emotional Bank Account is in the black and will support you through hard times, bad moods, and major life changes.

Below 10: Your marriage could stand some improvement in this area. Every time you make the effort to listen and respond to what your spouse says, to help him or her, you make your marriage a little better.

(modified from John Gottman, Ph.D., *The Seven Principles of Making Marriage Work*)