FONDNESS AND ADMIRATION QUESTIONNAIRE

Assess the current state of your fondness and admiration system and answer the following: Read each statement and circle "T" for true or "F" for false.

1. I can easily list the three things I most admire about my partner. T F
2. When we are apart, I often think fondly of my partner. T F
3. I will often find some way to tell my partner "I love you." T F
4. I often touch or kiss my partner affectionately. T F
5. My partner really respects me. T F
6. I feel loved and cared for in this relationship. T F
7. I feel accepted and liked by my partner. T F
8. My partner finds me sexy and attractive. T F
9. My partner turns me on sexually. T F
10. There is fire and passion in this relationship. T F
11. Romance is definitely still a part of our relationship. T F
12. I am really proud of my partner. T F
13. My partner really enjoys my achievements and accomplishments. T F
14. I can easily tell you why I married my partner. T F
15. If I had it all to do over again, I would marry the same person. T F
16. We rarely go to sleep without some show of love or affection. T F
17. When I come into a room, my partner is glad to see me. T F
18. My partner appreciates the things I do in this marriage. T F
19. My spouse generally likes my personality. T F
20. Our sex life is generally satisfying. T F

Scoring:
Give yourself one point for each "T" or true answer. If you score 10 or above then you have in place a protective shield of sorts that can protect your relationship from being overwhelmed by negativity. If you score under 10 this indicates this is an area in which your marriage could stand some improvement. Not to fret. The remedy for this problem, before it leads to more serious problems, is two-fold. One, is to repeat this test often in order to create awareness. The second is to review the history of your relationship from its beginning and everything that has/had to do with motivation, feelings, passion. A set of guidelines will be forthcoming in an update in the Resource section of the website that will help you to do just that.