

Rate Your Date with Your Mate Quiz

We're going to ask you questions about you and your spouse's dating habits. Take your time and circle your answers on a scale ranging from 1 (never) to 5 (always). By answering these questions thoughtfully and honestly, you'll have taken the first step to bringing passion and excitement into your married dating life.

Rate Your Date

1. How often do you and your spouse go out alone?
1 2 3 4 5
2. Do you do things that are fun for both of you?
1 2 3 4 5
3. Do you spend time getting ready to go out for the date?
1 2 3 4 5
4. Do you ever plan ahead for your dates?
1 2 3 4 5
5. If so, do you look forward to them?
1 2 3 4 5
6. Do you focus on your spouse's good qualities when you're out together?
1 2 3 4 5
7. Do you leave your grudges at home before you go out with your spouse?
1 2 3 4 5
8. Do you feel you can have a good time with your spouse without spending a lot of money?
1 2 3 4 5

Go through your answers. If any of your answers fell in the 1, 2, or 3 range, ask yourself what you would need to do so that you could answer 4 or 5. If you answered 4 or 5 on all the questions, congratulations! You're already having a great time going out with your spouse.