

Appreciating Your Spouse Quiz

Rate Yourself

On a scale from 1 (never) to 5 (always), how do you rate yourself on the following issues?

1. Do you thank your partner for doing little things like pouring your coffee or picking up your dry cleaning?
1 2 3 4 5
2. Do you routinely ask your partner how his or her day was and actually listen to the answer?
1 2 3 4 5
3. Do you ask your spouse if he or she would like another helping of food before emptying the serving bowl onto your own plate?
1 2 3 4 5
4. When your spouse has had a difficult day at work, do you make an effort to be especially attentive to him or her that evening?
1 2 3 4 5
5. Do you show your spouse appreciation when he or she has gone out of the way for you?
1 2 3 4 5
6. Do you stop what you are doing when your spouse comes home and greet him or her warmly?
1 2 3 4 5
7. Are you willing to try a new activity that your spouse wants to do but you have little interest in?
1 2 3 4 5
8. Just to be nice, do you ever do a chore that is usually your spouse's responsibility?
1 2 3 4 5
9. Do you help make your spouse's relatives feel at home when they visit?
1 2 3 4 5
10. Do you keep your commitment to arrive home at a certain time?
1 2 3 4 5

Add up your score. How did you do?

- | | |
|-------|--|
| 10–20 | You need to start thinking more about your spouse. |
| 20–30 | You're on the right track. |
| 30–40 | Keep up the good work. |
| 40–50 | Great job! |