



Healthy Relationship IQ Test

Respond to the following:

1. It is normal for people in committed relationships to have their own interests. True / False
2. Positive interactions are the key to successful relationships. True / False
3. It is good to spend some time with friends and maintain healthy social connections when in a committed relationship. True / False
4. It is important to repair any damage to your relationship as soon as possible. True / False
5. Men and women have different ways of getting their emotional needs met. True / False
6. Good communication prevents many misunderstandings and arguments. True / False
7. It is okay to say 'no' to requests for sex with your partner. True / False
8. People can only be emotionally intimate when they feel safe physically and emotionally, and secure in the commitment of their relationship. True / False
9. Money is what most couples argue about most frequently. True / False
10. Arguing is healthy if done properly. True / False

Scoring:

All of these statements are true. What is your Relationship IQ?

10 correct – You're a Relationship Genius!

7-9 correct – Your Relationship IQ is Average

6 or less correct – Your Relationship IQ is Below Average