

20 Warning Signs of a Relationship in Trouble

This quiz is designed to help you detect some of the waning signs that may indicate trouble in your relationship. Grade yourself on each question according to how frequently these statements apply to you:

Very frequently.....5 points
Often.....3 points
Seldom.....1 point
Never.....0 points

1. Do you criticize your partner out loud or to yourself?
2. Do you feel a drive to do things without your partner, a craving for your own space?
3. Do you find yourself looking at or being attracted to other members of the opposite sex?
4. Do you avoid having sex or intimacy with your partner; you don't seem to find the time or be in the right mood (headache, tired etc.)
5. Do you find yourself unable to forgive certain things your partner has done in the course of the relationship, and still feel angry and upset when you think of these things?
6. Do you stay home a lot with your partner because neither of you makes plans for social activities out together?
7. Do you feel nostalgia for the past, remembering the beginning of your relationship as a happier time, or remembering other relationships prior to this one as being more exciting?
8. Do you spend most of your free time with friends or activities that do not involve your partner?
9. Do you not share your feelings or observations with your partner because you feel he or she won't understand or appreciate your thoughts or feelings?
10. Do you have some form of addiction that causes you to become numb to your feelings: drinking alcohol, using drugs or tranquilizers, overeating etc.?
11. Do you and your partner not take the initiative to plan or spend romantic time together?

12. When you are together as a family, do you pay more attention to the children than you do to each other?
13. Do you have a best friend with whom you share important feelings that you don't share with your partner. Do you feel closer to this person in many ways than you do your partner?
14. Do you tune out what your partner says when he or she talks to you, only half listening to what he or she is saying?
15. Do you avoid being alone with your partner by working late at night, bringing work home or over scheduling yourself so you never seem to have time for each other?
16. Are you neglecting your appearance? Do you pay little attention to dressing in an attractive way for your partner or do you neglect personal hygiene?
17. Do you criticize your partner to friends or family and complain about the relationship?
18. do you compare your partner unfavourably with other people: do others appear more attractive, sensitive etc.?
19. Do you neglect to give compliments and other expressions of appreciation to your partner?
20. Do you fantasize sexually about other people when you are in or out of bed?

Now total your points:

- 0 – 30 points : Your relationship is in good shape
30 – 50 points : You relationship is in the beginning of difficulty
50 – 70 points : **Pay Attention!** Your relationship is in trouble
70 – 100 points : **Emergency!** Your relationship is in crisis and needs immediate attention!

Contact us for further information.