

# **Couples Greatness Coaching Questionnaire**

*Print out two copies (one for you and one for your partner) and answer all questions. You and your partner complete each questionnaire privately before sharing answers.*

**How true or false is each of the following statements for you?  
Circle the “ONE” best answer to each question.**

1. My partner and I are on the same page regarding relationship goals.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
2. My partner and I spend a satisfying amount of quality time together.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
3. My partner and I are comfortable in expressing our personal wants, needs, and desires with each other.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
4. My partner and I fully understand each other's wants, needs, and desires.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
5. My partner and I communicate well and use a respectful tone during communications.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
6. My partner and I are genuinely interested in the events of each other's day.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
7. My partner and I are willing to do what it takes to support a mutually working relationship.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
8. My partner and I are good listeners.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
9. My partner and I handle the day-to-day demands of life well.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
10. My partner and I manage our time well.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
11. My partner and I handle stress well.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

12. My partner and I both have hope for a better future.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
13. My partner and I show compassion toward each other.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
14. My partner and I are forgiving toward each other.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
15. My partner and I each take responsibility for our own peace and happiness.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
16. My partner and I share many interests.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
17. My partner and I support each other.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
18. My partner and I are careful with each other's feelings.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
19. My partner and I are devoted to each other.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
20. My partner and I discuss things nicely and do not argue.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
21. My partner and I come to a win-win resolution whenever we disagree.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
22. My partner and I are on the same page regarding financial goals.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
23. My partner and I are on the same page regarding family goals.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
24. My partner and I are on the same page regarding taking good care of ourselves and our health.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
25. My partner and I are on the same page regarding having a positive attitude.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
26. My partner and I are on the same page regarding our sleep patterns.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

27. My partner and I are on the same page regarding diet and eating healthfully.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
28. My partner and I are on the same page regarding keeping our home space neat and orderly.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
29. My partner and I share household duties well.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
30. My partner and I are respectful and considerate toward each other.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
31. My partner and I are both reliable.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
32. My partner and I waste little time.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
33. My partner and I manage our emotions well.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
34. My partner and I follow through on important projects.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
35. My partner and I each take good care of our relationship.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
36. My partner and I are able to speak freely and openly with each other without fear of being judged negatively.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
37. My partner and I balance our work and home lives well.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
38. My partner and I get along well with each other's families.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
39. My partner and I are on the same page regarding spirituality.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
40. My partner and I spend adequate time with people who support us as a couple.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

41. My partner and I behave lovingly toward each other.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
42. My partner and I go out on enough dates and are romantic toward each other.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
43. My partner and I are passionately in love.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
44. My partner and I are sexually compatible and are on the same page regarding how often we should have sex.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
45. My partner and I enjoy a healthy, happy, satisfying sex life.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
46. My partner and I both have a healthy, happy, satisfying social life.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
47. My partner and I often express our love, gratitude, and appreciation for each other.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
48. My partner and I speak reasonably and rationally when discussing money and household spending.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
49. My partner and I are genuinely interested in improving our relationship.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
50. I am extremely satisfied with the relationship I have with my partner.  
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

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*To score your results, place a number (0-4) to the left of each question.  
Based on your response, assign 4 points for "Definitely True," 3 points for "Mostly True,"  
2 points for "Don't Know," 1 point for "Mostly False," and 0 points for "Definitely False."  
Add up the total of all 50 questions. Divide that number by 2.  
This is your score based on a scale of 0-100.*

*This questionnaire is used to monitor your progress with Greaterness Coaching for Couples.  
If you would like more information, [www.mygreaterness.com](http://www.mygreaterness.com)*