

Test of Positivity in Relationship - "Positive Pairing"

Date test taken: _____

Name: _____

After you have answered all the questions, save this .pdf document with a new name to your desktop.

Take this test before and after you read "Positive Pairing". Attach this saved document to an email and send it to mary@mindbodyvisions.com. Your results along with guides to improve your scores will be emailed to you.

Rate these statements 1 through 10 where 1 = none or little true, 10 = very true

- | | |
|--|----------------------|
| 1) I enjoy my own company and like myself, even when alone. | <input type="text"/> |
| 2) I know my strengths and utilize them throughout the day/week. | <input type="text"/> |
| 3) I like and feel proud of my loving partner as a human being. | <input type="text"/> |
| 4) I am consciously aware of my husband/wife (or partner's) strengths and accentuate them in our daily interactions. | <input type="text"/> |
| 5) I feel a sense of vibrancy in our relationship by both of us engaging with life - growing, learning, and expanding every day. | <input type="text"/> |
| 6) I encourage risk-taking and the acceptance of challenges in my partner's life as a way to reach maximum potential and joy. | <input type="text"/> |
| 7) I applaud my partner's successes, as well as seek out my own. | <input type="text"/> |
| 8) I am given adequate time and space within the context of our relationship to develop my own talents, interests, and hobbies. I remain uniquely me! | <input type="text"/> |
| 9) I feel emotionally connected to my spouse (or loving partner) & actively seek him/her out throughout the day. | <input type="text"/> |
| 10) I often ask my partner if there is some way in which I can be of assistance, rather than assuming what his (her) needs are. | <input type="text"/> |
| 11) As a couple, we share common goals and a sense of mutuality in our life vision(s). | <input type="text"/> |
| 12) I allot adequate time and space for "couple bonding" in order to fuel the fires of our romance. | <input type="text"/> |
| 13) "Love is in the air" when we are around. Others pick up that we share something special; they feel it. | <input type="text"/> |
| 14) We give off a loving "vibe" that is tangible and others like to be around us because of this feeling. | <input type="text"/> |
| 15) As a couple, we are physically demonstrative of our love by touching, kissing, holding hands, sitting close to one another, making regular eye contact, and seeking other creative opportunities for connection. | <input type="text"/> |
| 16) As a couple, we are emotionally supportive of one another by words of encouragement, daily times for shared dialogue, expressions of gratitude, and being available to one another when needed. | <input type="text"/> |
| 17) As a couple, we experience a sexual chemistry borne out of our unique differences. Rather than become "stale", our sexual love continues to deepen. | <input type="text"/> |
| 18) As a couple, our relationship is founded on a belief in something greater than ourselves and we are committed to giving back to others (family, community, planet). | <input type="text"/> |
| 19) As a couple, we share a sense of spirituality and depth of meaning that connects us to one another in body, mind, and spirit. | <input type="text"/> |
| 20) By coming together as a couple, something intangible and greater (sacred) has been created out of our union.
1 + 1 = 3 (something to give back) | <input type="text"/> |

The total number of your individual scores