

## Quick Relationship Check-up

Research shows that strong relationships have great friendships which are based on knowing one another's world, having moments of turning towards each other positively often, and sharing fondness and admiration.

Here is a quick questionnaire on this last category:

When was the last time you shared (let your partner know) something that you liked about your partner's personality?

- A) In the last two days
- B) Last month
- C) I can't remember the last time

I said thank you to my partner for something they did "right:"

- A) In the last two days
- B) Last month
- C) I can't remember the last time

We exchanged an e-mail, call or text during the day that let the other know we were thinking of them:

- A) In the last two days
- B) Last month
- C) I can't remember the last time

I stuck a love note in my partner's car or bag:

- A) In the last two days
- B) Last month
- C) I can't remember the last time

If you answered "A" at least two times, you are in pretty good shape. If you answered "B," or worse "C" for more than one, watch out, you are heading for, or already are in trouble! Maintaining a healthy relationship takes concerted effort and attention, so be sure to build in habits that maintain fondness and admiration for one another!

For information on more tips and opportunities for relationship improvement, check out our website for our next couple's workshop:<http://therapy2thrive.com/couples-workshop/>