

**TEST HRT - HEALTHY RELATIONSHIP -
Learning To Love Today LLC, Copy Rights**

Name _____ Date _____ Phone Number _____

Directions: In the following questions use the 1 to 5 scales and make a circle in the level where you perceive you are. 1 is the lowest level, 5 is the highest level.

1. We talk openly about issues without hurting each other.

1	2	3	4	5
---	---	---	---	---

2. We are open to discover and talk about values and beliefs that may not be similar.

1	2	3	4	5
---	---	---	---	---

3. I am willing to accept, make adjustments or change our different values and beliefs in case they are producing conflicts between us.

1	2	3	4	5
---	---	---	---	---

4. My partner is willing to accept, make adjustments or change our different values and beliefs in case they are producing conflicts between us.

1	2	3	4	5
---	---	---	---	---

5. We are making time to have fun and sharing quality time without children.

1	2	3	4	5
---	---	---	---	---

6. We have personal and couple's goals.

1	2	3	4	5
---	---	---	---	---

7. We are learning about how to be a better person and a better couple.

1	2	3	4	5
---	---	---	---	---

8. We accept each other how we are, and at the same time we are working as a team to make improvements.

1	2	3	4	5
---	---	---	---	---

9. I have my personal spiritual goals.

1	2	3	4	5
---	---	---	---	---

10. We have spiritual goals as a family.

1	2	3	4	5
---	---	---	---	---

11. We make decision together about money.

1	2	3	4	5
---	---	---	---	---

12. We have a written budget together.

1	2	3	4	5
---	---	---	---	---

13. My partner is able to ask and offer forgiveness.

1	2	3	4	5
---	---	---	---	---

14. I am able to ask and offer forgiveness.

1	2	3	4	5
---	---	---	---	---

15. My partner allows me to spend quality time with myself and other important people in my life.

1	2	3	4	5
---	---	---	---	---

16. I feel loved and validated from my partner.

1	2	3	4	5
---	---	---	---	---

17. I feel respected from my partner.

1	2	3	4	5
---	---	---	---	---

18. I am focus on what I need to change, instead of what my partner need to change.

1	2	3	4	5
---	---	---	---	---

19. I am willing to offer sacrifices with love and joy in order to make my partner feel well.

1	2	3	4	5
---	---	---	---	---

20. I enjoy our sexuality.

1	2	3	4	5
---	---	---	---	---

Summarize the score. The answers you circled three (3) or less are areas to grow. Even if your score is close to 90, invest all your resources in one of the most important relationship in your life. This is the best present for you, your partner and your next generations.