



# Marriage Prep 101

*Helping Couples  
Create a Lifetime Together*

Hello! Are you curious about your relationship, what your strengths are, your challenges and ways you can grow to be stronger? Then take our quiz below!

We would love to hear how you did and answer any questions you have:

[info@marriageprep101.com](mailto:info@marriageprep101.com)

Here's to having an amazing relationship!

Warmly,

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**Instructions:** Answer the following questions with either "True" or "False". Go with the first answer that comes to mind, and what you feel most of the time. Be honest with your answers! Remember that your relationship can always be improved upon and strengthened. It's especially helpful if you can both take the quiz individually and share your answers. Be sure to have fun with it and see what you can learn! If the question is not applicable to your relationship, select answer "True." You will be guided to your score and results at the bottom when you are finished, as well as some helpful tips.

1) **I feel significant and important in my relationship.**

- True  
 False

2) **When I feel upset about something not related to my partner, he/she does well at soothing me.**

- True  
 False

3) **When I feel upset about something related to my partner, he/she does well at soothing me.**

- True

False

4) **We are each comfortable with having our own hobbies, interests and friends outside of one another.**

True

False

5) **I would be happy to live the rest of my life with everything exactly as it is in this relationship.**

True

False

6) **During moments of disagreements, I always know that we will be ok.**

True

False

7) **I understand my partner's views and goals around money, and he/she understands mine.**

True

False

8) **I feel like I can tell my partner anything that concerns me about our relationship, and he/she responds well.**

True

False

8) **We are in agreement about children and family.**

True

False

9) **I feel compatible with my partner in terms of punctuality.**

True

False

10) **I can tell my partner what I would like to see changed or improved in our relationship, and don't really dread his/her response.**

- True
- False

11) **I have an understanding as to what we each learned from our family of origin about relationships, and how that influences us individually and together.**

- True
- False

12) **I trust that my partner is honest with me, even when he/she wonders how I will react.**

- True
- False

13) **We plan well together, whether it's a wedding, travel or a shared project**

- True
- False

14) **Our relationship is free from addictions.**

- True
- False

15) **During disagreements, we are good and calming things down and reassuring one another.**

- True
- False

16) **After disagreements, we are good at reconnecting before too much time has passed.**

- True
- False

17) **It is easy for us to give each other space when needed.**

- True
- False

18) **If one of us initiates sex and the other is not in the mood, it's really not a big deal.**

- True
- False

19) **When it comes to our social life, we are in alignment.**

- True
- False

20) **We have plenty of fun times together.**

- True
- False

21) **It's easy to get and hold my partner's attention.**

- True
- False

22) **My partner knows exactly where my sexual erogenous zones are.**

- True
- False

23) **I feel comfortable talking with my partner about our sex life.**

- True
- False

24) **We manage household chores together well and the division of labor feels fair.**

- True
- False

25) **Neither one of us has the tendency to “sweep things under the rug” when it comes to a potential conflict.**

- True
- False

26) **I am able to be myself in my relationship.**

- True
- False

27) **I feel respected for who I am in my relationship.**

- True
- False

28) **We have equal levels of give and take in our relationship.**

- True
- False

29) **We don't snap at each other too often.**

- True
- False

30) **We are both dedicated to create small moments of connection each day.**

- True
- False

31) **We are in alignment about religious and/or spiritual beliefs and practices.**

- True
- False

32) **We are skilled at solving conflicts between us.**

- True
- False

33) **We support each other well when we are feeling stressed.**

- True
- False

34) **When we do experience conflicts, we make a plan together for how to prevent it from happening again. These plans tend to work well for us.**

- True
- False

35) **We understand and support each other's goals in life.**

- True
- False

36) **We are sure to discuss small disagreements as they come up so that they don't become larger.**

- True
- False

37) **My partner is great at apologizing.**

- True
- False

38) **We have many shared activities that we can enjoy together.**

- True
- False

39) **I feel emotionally and physically safe in our relationship.**

- True
- False

40) **We are great when it comes to compromising** (while having a good attitude about it).

- True

False

41) **I can easily tell that my partner cares about how I feel.**

True

False

42) **We have a good system for talking things through together.**

True

False

43) **I am satisfied with the frequency of our physical intimacy.**

True

False

44) **We handle disagreements in a mature manner.**

True

False

45) **I can tell that my partner is dedicated continue growing individually and together as a couple.**

True

False

46) **Overall, we share the same vision for our future together.**

True

False

47) **We both had a good example of what a strong, healthy marriage and communication looks like from our family of origin.**

True

False

48) **We feel confident that we have all the tools necessary to sustain a happy, connected and close relationship.**

- True
- False

49) **We don't have any unresolved issues between us.**

- True
- False

50) **I feel appreciated and valued in my relationship in all areas that I would like to.**

- True
- False

**Instructions AFTER the Quiz:** Count up all the answers in which you answered "True."

**40+ "True" answers:** Congratulations! There are many areas of your relationship that are compatible, strong and connected. Keep it up and know that you are working as a team – each of you plays an important role in maintaining and nurturing your relationship throughout your lives. In order to strengthen your relationship even more, we also recommend that you take a look at the answers in which you answered False... reflect on why you chose that as your answer, and initiate a discussion about this with your partner. Does your partner feel the same way? How can you work together to make improvements in those areas? Addressing issues in a proactive now way now is necessary to prevent smaller issues from turning into something larger down the road.

**39 and below "True" answers:** It's wonderful that you took this quiz, because now you know which areas of your relationship can use your attention. This can be a great platform to discuss them with your partner! Much of the time, the "issue" is not the actual problem, but rather the couple not discussing the issue constructively, that



is the problem. Remember that you can absolutely improve your process by using practical skills and tools. If there are areas of your relationship that are overlooked, unaddressed, disconnecting or distancing, these are opportunities for you to discuss together your shared vision of your relationship, and what each of you can do to get there. Being understood and seeking to understand your partner is the first step. With some self-awareness, honest discussions and some collaborative plans in place, you can create and sustain relationship habits that will truly last a lifetime.

**Do you need help?** Couples often report being great together in the beginning of their relationship, but as life happened... kids, stress, work, different sexual desires and needs, family priorities, etc... and they weren't equipped with tools to work through their issues together. Sometimes, they waited too long before seeking help and it's taken an unfortunate toll on their relationship. In other situations, their relationship can be improved, but with more time, strife and money needed than if they had just applied the skills in the beginning of their relationship... to which they say, "we wish we had learned these skills a long time ago!"

Every couple runs into areas of differences and disagreement; if not now, then down the road. At Marriage Prep 101, we teach couples to identify and manage these areas in a way that creates more closeness, connection and collaboration... all in a way that's helpful, positive, inspiring and fun.

Couples leave Marriage Prep 101 with their own relationship blueprint, designed uniquely around them as a couple. We address areas of your individual selves that are absolutely influential in your relationship, many of which you have been unaware of, and equip you with tools to manage them in a constructive way going forward. Couples leave feeling enlightened and excited about their future together.

Safeguard your precious relationship by getting it off on a positive trajectory now! Please visit **MarriagePrep101.com** for details, call **650-485-1504** or email us any time at [info@marriageprep101.com](mailto:info@marriageprep101.com)

We hope to see YOU at one of our upcoming workshops 😊

Warmly,

Dan and Michelle Joy  
Marriage Prep 101