Therapy-on-Sea

Couples Therapy Framework

Fondness and Admiration Questionnaire (as devised by J Gottman – Featured in The Seven Principles for Making Marriage Work.)

Read each Statement and identify T for true or F for false. Keep a score for both answers.

1.	I can easily list three things I most admire about my partner	**T/F**
2.	When we are apart, I often think fondly of my partner	**T/F**
3.	I will often find some way to tell my partner "I love you"	**T/F**
4.	I often touch or kiss my partner affectionally	**T/F**
5.	My partner really respects me	**T/F**
6.	I feel loved and cared for in this relationship	**T/F**
7.	I feel accepted and liked by my partner	**T/F**
8.	My partner finds me sexy and attractive	**T/F**
9.	My partner turns me on sexually	**T/F**
10.	There is fire and passion in this relationship	**T/F**
11.	Romance is definitely still a part of our relationship	**T/F**
12.	I am really proud of my partner	**T/F**
13.	My partner really enjoys my achievements and accomplishments	**T/F**
14.	I can easily tell you why I married or got together with my partner	**T/F**
15.	If I had to do it all again, I would still marry or get together with the same person	**T/F**
16.	We rarely go to sleep without some show of love or affection	**T/F**
17.	When I come into a room my partner is glad to see me	**T/F**
18.	My partner appreciates the things I do in the relationship	**T/F**
19.	My partner generally likes my personality	**T/F**
20.	Our sex life is generally satisfying	**T/F**

Scoring - Give yourself 1 point for every T answer

10 or higher – this is a strong part of your relationship. You value each other highly. You can overcome negative moments that can sometime exist between you both.

It is still advisable to check in with the questionnaire from time to time to ensure that answers have not changed.

Below 10 – you could do with practising showing your fondness and admiration for each other. There are many couples where the fondness and admiration for each other has dimmed but not completely disappeared. This is due to layers of negativity, resentment and hurt that has built up over the years. By working on the positives images that you remember it will start to return to the relationship.

Sian Hines Counsellor and Hypnotherapist (Ad Dip Psy C, Prof. Dip Psy C)