

QUIZ: ARE WE SLIPPING INTO COMPLACENCY?

After couples choose good habits, it's easy to drift back into old patterns without noticing. This quiz helps you see whether your financial communications habits are weakening, stagnating, or staying strong.

Purpose of the Quiz

- Identifies warning signs early
- Encourages ongoing intentions
- Helps couples recalibrate before problems grow
- Keeps teamwork front and center

Take this short quiz together after your first six check-ins. Then again, whenever you want to make sure you're both still engaged. Answer honestly.

1. At our most recent check-ins, did we both contribute equally to the discussion?

- Always
- Sometimes
- Rarely

2. Do I feel fully informed with our current financial picture (accounts, goals, challenges)?

- Yes, completely
- Somewhat
- Not really

3. Have I caught myself thinking or saying, "You've got this, I trust you," as a way of stepping back from the conversation?

- No, not at all
- Occasionally
- Often

4. Have I caught myself thinking or saying, "I'll take it from here, don't worry," as a way of taking control of the conversation?

- No, not at all
- Occasionally
- Often

5. Do we take turns reading or guiding parts of our check-ins so we both stay engaged.

- Yes, regularly
- Occasionally
- Not really

6. Do we remind each other *why* these conversations are more than just managing our money and how important they are for our security and connection?

- Yes, often
- Occasionally
- Rarely

7. If something unexpected were to happen to my partner tomorrow, would I feel confident managing our finances on my own?

- Yes
- Unsure
- No

8. Do your discussions include shared goals and dreams, in addition to finances?

- Yes, often
- Occasionally
- Rarely

Scoring & Reflection

- Mostly “Always/Yes” answers: You’re staying engaged and balanced. Keep up the excellent work!
- Mostly “Sometimes/Occasionally” answers: Complacency might be creeping in. Talk about what’s slipping, why it’s slipping, and how to reset.
- Mostly “Rarely/Not Really/No” answers: Time to recommit. Old patterns are pulling you off track. The good news is, awareness gives you the chance to fix it.