

This easy quiz from Dr Lenore Millian will assist you in evaluating the LOVERS health of your marriage. (Loyalty, Openness, Value of Trust, Empathy, Respect, and Stability of Commitment)

LOVERS Quiz

Mark T for “true” and F for “false” on the line before each statement. Remember, be honest in your answers! The more truthful you are, the more the quiz can help you.

- ___1. I feel that my husband has a lot of respect for me.
- ___2. My husband is totally committed to us.
- ___3. I feel that my husband doesn't listen to what I have to say.
- ___4. I am completely committed to my husband and our marriage.
- ___5. My husband is a very understanding person.
- ___6. I want to know everything that's on my husband's mind.
- ___7. My husband is very honest with me.
- ___8. I've never thought that I made a mistake marrying my husband.
- ___9. Frequently, I'm too angry with my husband to try to understand him.
- ___10. My husband's first kids are always bothering him – don't they realize he's got a life?
- ___11. My husband takes me to restaurants previously frequented by him and his ex-wife.
- ___12. I usually admire my husband's character.
- ___13. I have to be careful what I tell my husband.
- ___14. My husband is there for me.
- ___15. I'd back my husband through thick and thin.
- ___16. I am my husband's priority in life.
- ___17. I find it scary to be emotionally or physically intimate with a man.
- ___18. My husband keeps his feelings to himself.

(Scoring chart is on page 2)

Scoring

LOVERS Positives

LOVERS Negatives

_____ Numbers 14,15,16
(Score one point for each TRUE.)

L

Marking all three “true” indicates a long-lasting duo with much Loyalty

Marking any or all of 14,15,16 “false” means that you may be questioning the values of your marriage and that Loyalty may be an issue.

_____ Numbers 13,17,18
(Score one point for each false.)

O

Marking all three “False” means that Openness (communication) is great! Be happy!

Marking any or all of 13,17,18 “true” tells you that Openness (communication) could be a problem.

_____ Numbers 6,7,11
(Score one point for each false.)

V

Marking all three “False” means that Value of Trust is strong in your marriage. Great!

Marking any or all of 6,7,11 “true” indicates that Value of Trust needs work.

_____ Numbers 3,9,10
(Score one point for each false.)

E

Marking all three “false” means that Empathy is awesome!

Marking any or all of 3,9,10 “true” indicates that Empathy is not a strong point.

_____ Numbers 1,5,12
(Score one point for each true.)

R

Marking all three “true” means that Respect is alive and well in your marriage. Wonderful!

Marking any or all of 1,5,12 “false” shows that Respect may be lacking.

_____ Numbers 2,4,8
(Score one point for each true.)

S

Marking all three “true” means that your Stability of Commitment is perfect! Congratulations!

Marking any or all of 2,4,8 “false” means that your Stability of Commitment may be a problem.

_____ Total Points

- 16 – 18 Relationship is very good
- 13 – 15 Relationship is fair, but could benefit from counseling
- 8 – 1 Relationship is very deficient and needs help
- Below 1 Relationship needs immediate help if it's to survive

Always keep in mind that being LOVERS ensures that you are enjoying the best relationships possible and that the application of LOVERS will create a union capable of withstanding the storms of life.

Permission to reprint this article in whole or in part must be requested in writing to Dr. Lenore Millian at MarriageNJ@gmail.com