

COUPLE MAP QUIZ

Take the quiz below three times. First for how you perceive your family of origin. Take the quiz again considering your present couple relationship. Finally, take it answering how you would ideally like to see your present couple/family relationship.

Couple Closeness

How often do you spend free time together?

1. Never
2. Seldom
3. Sometimes
4. Often
5. Very often

How committed are you to your partner?

1. Slightly
2. Somewhat
3. Generally
4. Very
5. Extremely

How close do you feel to your partner?

1. Not very close
2. Somewhat close
3. Generally close
4. Very close
5. Extremely close

How do you and your partner balance separateness and togetherness?

1. Mainly separateness
2. More separateness than togetherness
3. Equally
4. More togetherness than separateness
5. Mainly togetherness

How independent of or dependent on each other are you and your partner?

1. Very independent
2. More independent than dependent
3. Equally dependent and independent
4. More dependent than independent
5. Very dependent

Add the numbers that correspond with each of your responses to get your total closeness score.

Couple Flexibility

What kind of leadership is there in your couple relationship?

1. One person usually leads
2. Leadership is sometimes shared
3. Leadership is generally shared
4. Leadership is usually shared
5. Leadership is unclear

How often do you and your partner do the same things (roles) around the house?

1. Almost always
2. Usually
3. Often
4. Sometimes
5. Seldom

What are the rules (written or unwritten) like in your relationship?

1. Rules are very clear and very stable
2. Rules are clear and generally stable
3. Rules are clear and structured
4. Rules are clear and flexible
5. Rules are unclear and changing

How are decisions made?

1. One person usually decides
2. Decisions are sometimes shared
3. Decisions are often shared
4. Decisions are usually shared
5. Decisions are rarely made

How much change occurs in your couple relationship?

1. Very little change
2. Little change
3. Some change
4. Considerable change
5. A great deal of change

Add the numbers that correspond with each of your responses to these questions to get your total flexibility score.

Exercise on Couple Map

1. Complete the Couple Map Quiz for how your relationship is *now*. Then take the quiz again to describe how you would *ideally* like your couple relationship to be. For additional insights, take the quiz a third time to describe your family of origin's closeness and flexibility.
2. Score the quiz for "family of origin," the "now" and the "ideal." Then plot the scores onto the Couple and Family Map (Figure 9.5).

	Closeness	Flexibility
Partner 1		
Family of Origin		
Present Relationship		
Ideal Relationship		
Partner 2		
Family of Origin		
Present Relationship		
Ideal Relationship		

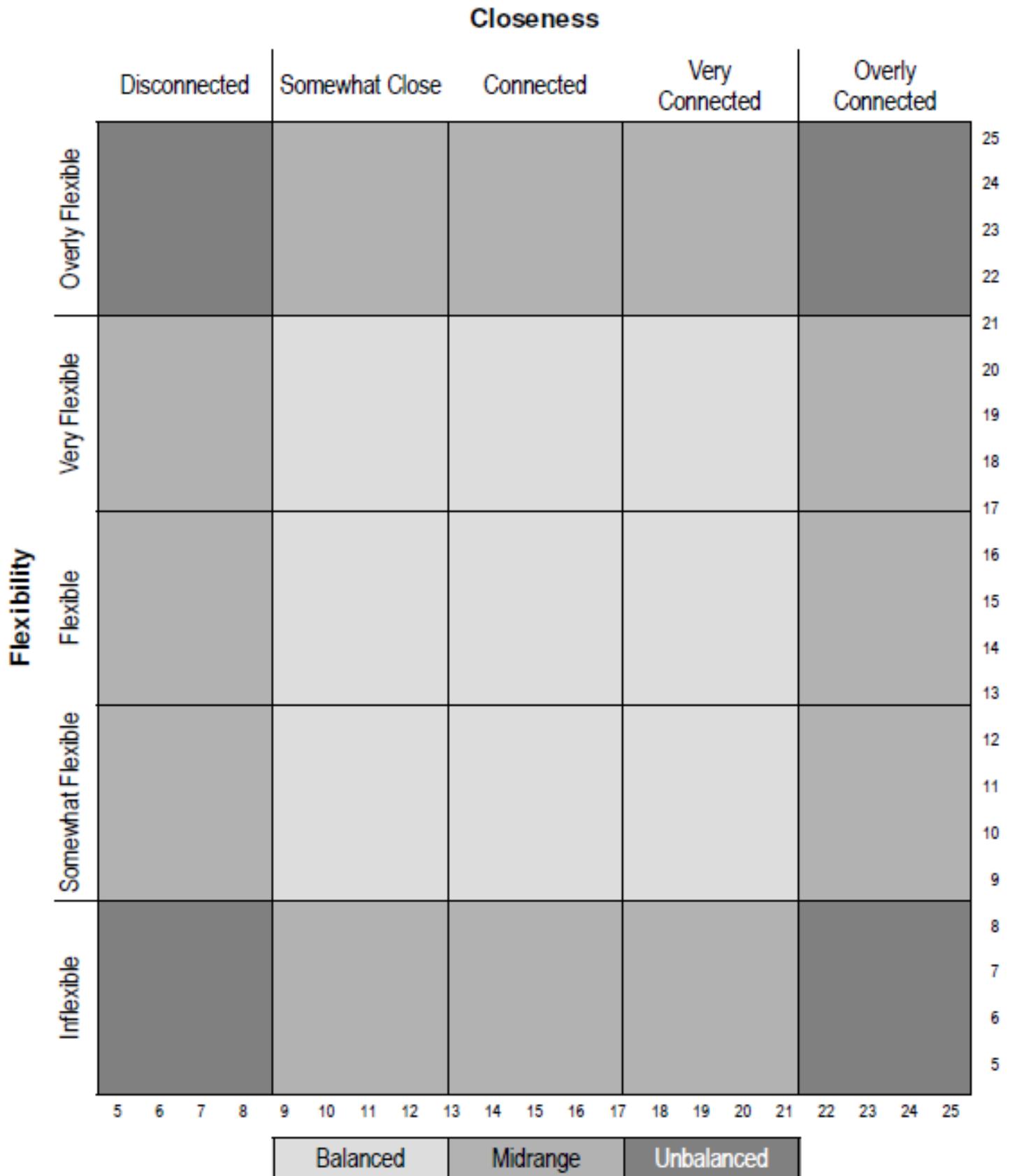
3. Compare how you each described your relationship *now* on the Couple and Family Map. Discuss similarities and differences on couple closeness and couple flexibility.
4. Compare how you each described how you would *ideally* like your relationship to be. Discuss similarities and differences.
5. Discuss how you can work together to make your relationship more ideal for both partners.

The Couple Checkup by David h. Olson, Ph.D.; Amy Olson-Sigg; and Peter J. Larson, Ph.D., Thomas Nelson, Inc., 2008.

The book and online resources are produced by Life Innovations, Inc.

Couples are encouraged to periodically take the Couple's Checkup at the Caring for Couples website (<http://www.caringforcouples.info/>). It contains a couple map plus many other ways for assessing the strengths and areas to work on in each relationship.

Figure 9.5



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