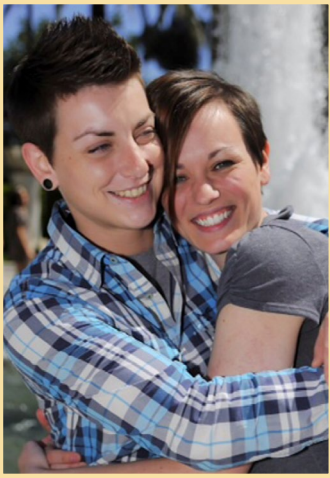


Healthy Relationships Quiz Series



✓ Respect ✓ Trust ✓ Commitment ✓ Integrity ✓ Selflessness ✓



Quiz 3: Are you a good partner?

Do you bring the best “me” to “we”?

Are you a good partner? Healthy relationships start with respect, but trust, commitment, integrity and selflessness are also core values that keep your relationship healthy and strong.

Take this quiz to see if you’re being the best partner you can be.



Please answer Yes or No:

- | | | |
|--|-----|----|
| 1. Do you frequently show heartfelt affection and appreciation for your partner? | YES | NO |
| 2. Do you acknowledge your partner’s contributions and resist being overly critical? | YES | NO |
| 3. Do you make it a priority to set aside uninterrupted time to reconnect with your partner? | YES | NO |
| 4. Do you value your partner’s good qualities and try to accept his or her imperfections? | YES | NO |
| 5. Do you work toward effective communication, even when the topic is difficult? | YES | NO |
| 6. After disagreements, do you take time to calm down, reflect and then try to find ways to avoid the same disagreement in the future? | YES | NO |
| 7. Do you work to prevent jealous feelings from interfering with your ability to trust your partner? | YES | NO |

If you answered “no” to any of these questions, you and your partner may benefit from learning positive ways to strengthen your bond.

Get information about core values that can help build or strengthen relationships by contacting your installation [Family Advocacy Program](#) or calling Military OneSource at 800-342-9647. Remember, positive relationships take time and effort from both parties.

If you answered “yes” to most of these questions, you’re well on your way to maintaining a healthy relationship. For more ideas, read, [“Core Values for a Healthier Relationship.”](#) For even more relationship resources, visit [Military OneSource](#).