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## **F.E.A.T.H.E.R.S.™ Relationship Quiz**

Listed below are 8 key components that are essential in creating healthy and fulfilling relationships. Take some time to read each question and reflect on your current satisfaction in each of these areas. Try to be as objective as possible. Please feel free to contact us with any questions.

### **Rating Scale**

**Rate each item below on a scale from 0 to 10:**

- **8-10: Good** – This area of my relationship is strong, fulfilling and healthy.
- **5-7: Fair** – This area of my relationship needs some attention and enhancement.
- **0-4: Poor** – There is little satisfaction in this area of my relationship.

### **Quiz**

1. My partner and I really know and like each other. We enjoy being together and consider each other best friends as well as teammates in our relationship. We also respect each other and have healthy boundaries in our relationship.

Score: \_\_\_\_\_

2. My partner and I understand each other's feelings, thoughts and motives. We are able to "step into each other's shoes" and show each other we understand where they are coming from, especially during disagreements.

Score: \_\_\_\_\_

3. My partner and I focus on and express our appreciation for the many gifts we each bring to the relationship, on a daily basis.  
Score: \_\_\_\_\_
4. My partner and I have realistic and healthy expectations of relationships and sexuality. We can recognize and change our self-defeating and unhealthy beliefs that maybe negatively impact our relationship.  
Score: \_\_\_\_\_
5. My partner and I have and express love for each other. We are able to express emotions in healthy and healing ways within our relationship.  
Score: \_\_\_\_\_
6. My partner and I bring positive energy to our relationship. There is a sense of lightness vs. being rigid in our relationship.  
Score: \_\_\_\_\_
7. My partner and I are committed to our relationship even through difficult times. We are both flexible and willing to work on our relationship when needed (even if that means both of us making individual changes to benefit the relationship).  
Score: \_\_\_\_\_
8. My partner and I feel safe and comfortable enough to explore, discuss and express our sexuality and sensuality with each other.  
Score: \_\_\_\_\_

Add up your scores from each item to get your **Total Relationship Score:**\_\_\_\_\_

## Results

♥ **Scores 64 – 80:** Your relationship has many of the healthy key components. However, your relationship could still benefit from enhancing some of these areas. You now have the opportunity to focus on these areas and make your relationship even better!

♥ **Scores 40 – 63:** Your relationship could benefit from continued work on some of these areas. We can help you address and enhance these areas of concern.

♥ **Scores below 40:** Please take some time to work on these areas with your partner to build a more fulfilling and healthy relationship. If you feel you need help with this, please feel free to contact us.

**\*\*\* All relationships can benefit from Relationship and Sex Coaching, no matter what the score is. To learn more about how our coaching services can help your relationship, please feel free to contact us today.**

**~~ Chuck and Jo-Ann Bird**



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