

# The Relationship Quotient Test

## What Really Matters in Relationships

We all want great relationships, but don't always know what it really takes to create satisfying, intimate relationships.

We are bombarded with pictures, stories, and images from media, popular songs, fairy tales, movies, so-called experts, family lore, etc. about what relationships should look like, what they should do, how they should feel, how we should choose a partner ... But what is the truth about relationships? What works and what doesn't?

What matters in relationships?

Test your R.Q. – your **Relationship Quotient** – by taking the following quiz.

Answer or circle True or False for what you resonate with.

(Respond to each statement as you truly think, not with the answer you think should be the right answer.)

1	The purpose of a relationship is to make you happier.	T	F
2	Being with the right person makes you happier.	T	F
3	True love means you are accepted the way you are.	T	F
4	It's important to help your partner change in ways that matter to you.	T	F
5	Soul mates make the best relationships.	T	F
6	You know when you meet "the one."	T	F
7	If it is the right relationship, things work out.	T	F
8	If a relationship is too hard, it's probably not the right one.	T	F
9	Chemistry is very important in a relationship.	T	F
10	Attraction is very important in a relationship.	T	F
11	Incompatibility and conflict are signs of a poor match.	T	F
12	It's important to have a lot in common and be compatible in a relationship.	T	F
13	You are either compatible or you're not.	T	F

14	A successful relationship is mostly a matter of finding a compatible partner right from the start.	T	F
15	Relationships that do not start off well inevitably fail.	T	F
16	Love is all you need.	T	F
17	If it's true love, it should be easy.	T	F
18	It's important to be turned on by your partner.	T	F
19	When the "thrill is gone," it's a sign you are falling out of love.	T	F
20	If you fall out of love, it means you were in the wrong relationship.	T	F

**SCORING:** Count your True choices. If you answered True to any of the questions above, you are under the influence of relationship misconceptions. These are all relationship myths. They are all false and even misleading, proven by exhaustive relationship research.

We all fall prey to mistaken beliefs about relationships. We've been conditioned to believe many of these things—but believing them limits intimacy and keeps us from lasting, satisfying, fulfilling, intimate relationships.

The higher your ratio of True to False, the more you buy the mythology and the more it can limit your relationship success. Misinformation, mistaken guidance, and false expectations keep us from having the great relationships we want and deserve.

Much of what we have learned about relationships doesn't work, isn't helpful, or is even harmful. These beliefs set us up for disappointment and disillusionment. However, if we learn the truth about what does work, what it really takes to create great relationships—and learn and apply the skills—we can create successful, satisfying, intimate, loving, and fulfilling relationships of our dreams.

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*Adapted from Drs. Judith and Bob Wright, [The Heart of the Fight: A Couples Guide to 15 Common Fights, What They Really Mean, and How They Can Bring You Closer](#), Oakland, New Harbinger Publications, 2016.*