

Is Your Spouse Your Best Friend?

Adapted from Andre Bustanoby
Can Men and Women be Just Friends?

To take the following "Couples Friendship Inventory," score each question from 1 to 5. A definite yes is a 5; a definite no is a 1. A "can't decide" is a 3. A 4 or a 2 means a lesser degree of yes or no. Both partners should take the test and then discuss the answers.

Total scoring: very good friendship = 73-85; good friendship = 60-72; needs work = 47-59; poor friendship = 34-46; very poor friendship = 17-33.

COUPLES FRIENDSHIP INVENTORY	NO	YES
1. I respect him/her.	1	2 3 4 5
2. I like him/her as he/she is	1	2 3 4 5
3. I could live my life without him/her but my life would be poorer for it.	1	2 3 4 5
4. I enjoy sharing what we have in common with others of like mind.	1	2 3 4 5
5. If we were not married, we would still share a lot of the same ideas, ideals and activities.	1	2 3 4 5
6. I respect him/her even when he/she does things that upset or annoy me.	1	2 3 4 5
7. I know him/her well enough that I can anticipate what his/her words or behavior will be in most circumstances.	1	2 3 4 5
8. It's easy to turn a blind eye to his/her faults.	1	2 3 4 5
9. I want what is best for him/her.	1	2 3 4 5
10. I care enough to let him/her go or even give him/her up.	1	2 3 4 5
11. My respect for him/her is <i>not</i> based on his/her accomplishments.	1	2 3 4 5
12. I know he/she is a kindred spirit even though I may not be assured frequently that he/she is.	1	2 3 4 5
13. He/she seems to bring out the best in me.	1	2 3 4 5
14. I feel that we stand together against the views of outsiders.	1	2 3 4 5
15. I can be both strong and weak with him/her.	1	2 3 4 5
16. My giving to him/her is characterized by freedom and willingness not grudging sacrifice.	1	2 3 4 5
17. My relationship with him/her is characterized by trust.	1	2 3 4 5

TOTAL POINTS: _____