

Your Trust Metric

Instructions

For the following items, indicate the extent to which you agree or disagree with each item by circling either SD for *Strongly Disagree*, D for *Disagree*, N for *Neither Agree nor Disagree*, A for *Agree*, and SA for *Strongly Agree*.

Note: If you and your partner don't live together or do not have children (separately or together), answer questions about these topics based on how you think your partner would react if you did.

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|--|----|---|---|---|----|
| 1. I feel protected by my partner. | SD | D | N | A | SA |
| 2. My partner is faithful to me. | SD | D | N | A | SA |
| 3. My partner is there for me financially. | SD | D | N | A | SA |
| 4. Sometimes I feel uneasy around my partner. | SD | D | N | A | SA |
| 5. I don't think my partner has intimate relationships with others. | SD | D | N | A | SA |
| 6. From now on, my partner would not have children with anyone but me. | SD | D | N | A | SA |
| 7. My partner fully loves our children and/or is at least respectful of my own children. | SD | D | N | A | SA |
| 8. I believe that you can trust most people. | SD | D | N | A | SA |
| 9. My partner helps me feel emotionally secure. | SD | D | N | A | SA |
| 10. I know my partner will always be a very close friend. | SD | D | N | A | SA |
| 11. My partner will commit to help provide for our children. | SD | D | N | A | SA |
| 12. When the chips are down, I can count on my partner to sacrifice for me and our family. | SD | D | N | A | SA |
| 13. My partner does housework. | SD | D | N | A | SA |
| 14. My partner will work hard to increase our financial security. | SD | D | N | A | SA |
| 15. My partner doesn't respect me. | SD | D | N | A | SA |
| 16. My partner makes me feel sexually desirable. | SD | D | N | A | SA |
| 17. My partner takes my feelings into account when making decisions. | SD | D | N | A | SA |
| 18. I know that my partner will take care of me when I'm sick. | SD | D | N | A | SA |
| 19. When we are not getting along, my partner will work with me on our relationship. | SD | D | N | A | SA |
| 20. My partner is there for me emotionally. | SD | D | N | A | SA |
| 21. My partner does not overuse alcohol and drugs. | SD | D | N | A | SA |
| 22. My partner acts romantically toward me. | SD | D | N | A | SA |
| 23. My partner is kind to my family. | SD | D | N | A | SA |
| 24. I can rely on my partner to talk to me when I'm sad or angry. | SD | D | N | A | SA |
| 25. My partner belittles or humiliates me. | SD | D | N | A | SA |
| 26. There is at least one person who comes first to my partner rather than me. | SD | D | N | A | SA |
| 27. My partner will work with me as part of financial unit. | SD | D | N | A | SA |
| 28. I have power and influence in this relationship. | SD | D | N | A | SA |
| 29. My partner shows others how much he or she cherishes me. | SD | D | N | A | SA |
| 30. My partner helps carry the load of child care. | SD | D | N | A | SA |
| 31. I just can't trust my partner completely. | SD | D | N | A | SA |
| 32. My partner keeps his or her promises. | SD | D | N | A | SA |

33. My partner is a moral person.	SD	D	N	A	SA
34. My partner does what he or she agrees to do.	SD	D	N	A	SA
35. My partner will betray my confidences.	SD	D	N	A	SA
36. My partner is affectionate toward me.	SD	D	N	A	SA
37. In arguments I can trust my partner to really listen to me.	SD	D	N	A	SA
38. My partner shares in and honors my dreams.	SD	D	N	A	SA
39. I fear my partner could stray.	SD	D	N	A	SA
40. My partner's words and deeds reflect the values we say we agree on.	SD	D	N	A	SA
41. My partner makes love to me often.	SD	D	N	A	SA
42. I can count on my partner to build or maintain a sense of family and community with me.	SD	D	N	A	SA

Scoring

Step 1

Score your answers to questions 4, 15, 25, 26, 31, 35, and 39 using the following scale. Then add them up:

Strongly Agree:	1
Somewhat Agree:	2
Neither Agree nor Disagree:	3
Somewhat Disagree:	4
Strongly Disagree:	5
Subtotal _____	

Step 2

Score your answers to the remainder of the questions using this scale:

Strongly Agree:	5
Somewhat Agree:	4
Neither Agree nor Disagree:	3
Somewhat Disagree:	2
Strongly Disagree:	1
Subtotal _____	

Step 3

Add your two subtotals to calculate your trust metric.

Total _____

What Does My Score Mean?

0-52

You have a low degree of trust in your partner and your relationship. Not all couples are meant to be together forever, but even matches that struggle with trust issues can work things out if both partners make a strong commitment to the process. (Before reading the rest of the book, consider turning to chapter 10. It will help you assess whether your partner is someone you just shouldn't trust.) Reading this book by yourself can clarify your situation and may help you make positive changes in your interactions with your partner. But if he or she will agree, try to work through the exercises together. Some soul searching is in order here: do you both have enough motivation to do this? If so, retake the quiz after you've finished the book and have put its advice into action. If your score remains low, seek more individualized help.

53-105

Your trust level is moderate. You have faith in your partner-but uncertainty as well. You can bolster your relationship by working on the exercises of this book. Although it's best to work together, your relationship can still benefit if you make progress on your own. When one member of a couple becomes clearer about needs and desires, often the relationship comes into sharper focus for both of them, making positive changes easier. If your trust metric does not improve, it's time to decide whether you're both committed to making your relationship your top priority. If your metric is now higher, that's a powerful sign that the more you continue to open up to each other, the happier and more fulfilling your relationship is likely to become.

106-210

You have a deep sense of trust in your partner. Such a sturdy foundation improves the likelihood that your relationship will remain happy over the long term. Still, if you scored in the bottom half of this particular range, it would be worthwhile to have honest conversations about your relationship. If your trust level is very high, this book can still benefit you. Consider reading it together as a romantic experience that will reaffirm just how in love you are- and also give you tools to help you stay that way.