



## *Are You Romantic?*

Take the following quiz to test your romantic awareness. Circle the number that best represents the last time you did each of the items. This is a snap shot of how romantic you are now. Don't give yourself extra points if you do something on a continual basis. Take the quiz separately and then discuss it with your spouse.

<i>When was the last time you:</i>	In the past...				
	Week	Month	6 Mos	Year	Never
1. Said, "I love you" to your spouse?	10	7	5	3	0
2. Gave your spouse a hug "just because?"	10	7	5	3	0
3. Send your spouse a card?	10	7	5	3	0
4. Called your spouse during the day to say, "I love you?"	10	7	5	3	0
5. Gave your spouse a gift for no special reason?	10	7	5	3	0
6. Surprised your spouse with something special?	10	7	5	3	0
7. Taken your spouse out on a "date?"	10	7	5	3	0
8. Written a love letter to your spouse?	10	7	5	3	0
9. Given your spouse a back rub?	10	7	5	3	0
10. Purposefully spoken your spouse's love language?	10	7	5	3	0
11. Told your spouse that you appreciate him or her?	10	7	5	3	0
12. Sat down just the two of you and talked about your dreams and aspirations?	10	7	5	3	0
13. Kissed your spouse passionately for 30 seconds when sex was not involved?	10	7	5	3	0
14. Spent an entire evening together without distractions?	10	7	5	3	0
15. Went out to dinner, just the two of you?	10	7	5	3	0
16. Left a love note for your spouse to find?	10	7	5	3	0

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## *Are You Romantic? (continued)*

<i>When was the last time you:</i>	In the past...				
	Week	Month	6 Mos	Year	Never
17. Did an errand for your spouse without his or her asking?	10	7	5	3	0
18. Whispered, "I love you" into your spouse's ear?	10	7	5	3	0
19. Did something non-verbal in public to tell your spouse "I love you?"	10	7	5	3	0
20. Gone for a walk together?	10	7	5	3	0

**Scoring:** Add all circled items to derive your total score and enter it here: \_\_\_\_\_

More than 170: You are doing a great job, keep it up!

110–170: Very romantic, keep improving!

60–110: You could use some help, use this quiz for ideas of what you can do.

Below 60: It is never too late to get started!

Did you learn some ways you might bring romance into your marriage? What? \_\_\_\_\_

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What are your thoughts and impressions of this quiz? \_\_\_\_\_

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**Discuss** this quiz with your spouse as you have time. Please do not use this quiz to criticize your spouse, but use this information to constructively build more romance into your marriage. The twenty items in this quiz are great ways to build romance, try them out!