

What's the **temperature** of your relationship?

Rate your answers:
NO = 0
SOMEWHAT = 1
YES = 2

1. Do you look forward to seeing your partner and talking together? Score: _____
2. Do you admire your partner? Score: _____
3. Do you feel your partner meets you emotionally? Score: _____
4. Are you comfortable sharing your vulnerabilities with him or her? Score: _____
5. Do you laugh together? Score: _____
6. Do you still occasionally feel an electric charge in their presence? Score: _____
7. Do you make future plans together? Score: _____
8. Do you have at least one interest of your own you're passionate about? Score: _____
9. Do you feel free to express your anger and frustration with your partner? Score: _____
10. Do you share your excitement with him or her? Score: _____
11. Do you resolve the issues between the two of you reasonably well? Score: _____
12. Do you find your partner sexually attractive? Score: _____
13. Do each of you occasionally find new things to try sexually? Score: _____
14. Do the two of you have something planned you're both excited about? Score: _____

TOTAL: _____

Scoring:

0 – 8: COLD. You probably know it already, but your relationship is severely lacking in vitality, excitement, and passion. Regardless of how long you've been together, make it a priority right now to do something to warm things up—whatever it takes to get the 'juice' and life back in your marriage or partnership. If you don't, the two of you are likely to deteriorate even further.

9 – 17: MEDIUM. While you've been doing certain things to keep your relationship vibrant and alive, there's so much more life and excitement you could be having! Acknowledging the full range of pleasure and passion possible in your partnership is likely to pay off even more than you can imagine. Please take a moment and consider what you could do improve things.

18 – 26: HOT! Your relationship is on fire! You're both committed to creating a vibrant, passionate relationship, and you approach it with equal commitment and excitement. To have such a juicy, vibrant relationship takes some time and energy—and you're making it happen. Congratulations! (And you may not realize it, but you're probably modeling it to your friends.)

RenewYourSpark™ helps even the coolest of couples navigate a clear path to restoring the energy and raising the heat in their relationship. On your own schedule, in the privacy of your own home, the course lays out the elements necessary to reconnect to passion and excitement your relationship once had. It's designed to help any partners who are committed to making a positive change in their lives together.