

# A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM

## EAP NOTES

### Take the Quiz: *How Healthy is your Relationship?*

February is traditionally the month for lovers. With this in mind, it is also a great time of year to evaluate your personal relationship. A happy and healthy relationship can make you feel like you are on cloud nine. However, difficult or challenging relationships can often be emotionally draining. Take the quiz below to help determine your relationship health.

<i>Read each statement then circle the answer that best describes your relationship.</i>	<i>Rarely/ Never</i>	<i>Sometimes</i>	<i>Often/ Always</i>
1. My partner and I have mutual trust and respect for each other.	1	2	3
2. We work as a team to accomplish common goals and share common values.	1	2	3
3. We view each other as equals in our relationship---equally giving, taking and sharing responsibilities.	1	2	3
4. My partner really listens and cares about my thoughts and opinions.	1	2	3
5. We maintain a healthy work/life balance and dedicate time to nurturing our relationship.	1	2	3
6. Our relationship is free of physical abuse and substance abuse.	1	2	3
7. We communicate openly and regularly, sharing our thoughts, feelings, or dreams.	1	2	3
8. We enjoy and respect each other's family and friends.	1	2	3
9. We agree on financial matters most of the time.	1	2	3
10. We are able to laugh, have fun, and genuinely enjoy being together.	1	2	3

*Add up the numbers in each column and place the total at the bottom.*

**Total Score**


*Please note this quiz is intended to be a rough guideline to help assess the strength of your relationship. If you feel your relationship is in need of improvement or fine-tuning, contact your Best Care EAP. A professional counselor is available to help. For a confidential appointment, please call (402) 354-8000 or 800-666-8606.*

Score	Relationship Health
24 - 30	Excellent
16 - 23	Room for Improvement
10 - 15	Seek Solutions

**Best Care**  
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