

EXCLUSIVELY FOR TODAY'S ATTENDEES

# The Relationship IQ™ Assessment

*A private, 40-question snapshot across the five domains of a resilient relationship.*

## How to use this assessment

The Relationship IQ™ Assessment is a private, 40-question self-scoring instrument built from the same five-domain framework Stephanie uses inside The Relationship Solution System™. It is designed to give you an honest, structured snapshot of where your relationship is strong, where friction is quietly compounding, and where a small change this week can produce a disproportionate result.

Complete it in one sitting — 12 to 15 minutes. Answer for the relationship as it actually is right now, not as you wish it were, and not as it was during your best month. If you are partnered, both people should complete it separately before comparing scores. The gap between your two scores is often more useful than either score on its own.

### Scoring key

Score	Meaning	What it usually indicates
1	Rarely / almost never true	A structural gap — worth attention this quarter
2	Sometimes true	Inconsistent — usually a skill or ritual is missing
3	Often true	Working, but fragile under stress
4	Almost always true	A genuine strength — protect and build on it

Write your score (1–4) next to each statement. At the end of each domain, add the eight scores for a sub-total out of 32. Add the five sub-totals for a full score out of 160.

## Domain 1

## Communication Quality

*How information, feelings and needs actually move between you.*

#	Statement	Score (1–4)
1	We can raise a hard topic without it becoming a fight.	
2	I can name what I need in a sentence, without over-explaining or apologising.	
3	My partner can repeat back what I said in a way I recognise.	
4	We interrupt each other less than we finish each other's thoughts.	
5	When one of us is upset, we pause before we respond.	
6	We use "I" language more than "you always / you never" language.	
7	We can end a hard conversation without a winner and a loser.	
8	We circle back to unresolved conversations within 48 hours instead of dropping them.	
Domain 1 sub-total (out of 32)		

## Domain 2

## Emotional Safety & Repair

*How safe it is to be honest, wrong, disappointed, or in need.*

#	Statement	Score (1–4)
1	I can admit I was wrong without expecting to be punished for it.	
2	When we hurt each other, we repair — we don't just move on.	
3	I can share something vulnerable without it being used against me later.	
4	We both take responsibility for our contribution to a conflict.	
5	I feel emotionally safer with my partner than with anyone else.	
6	We can disagree strongly and still feel like a team by bedtime.	
7	Contempt, eye-rolling, and name-calling are genuinely rare between us.	
8	After a rupture, at least one of us reliably initiates repair.	
Domain 2 sub-total (out of 32)		

## Domain 3

## Financial Alignment

*How money moves, is talked about, and is decided between you.*

#	Statement	Score (1–4)
1	We both know, within reason, what comes in and what goes out each month.	
2	We can talk about money without it becoming about character.	
3	We have a shared definition of what "enough" looks like.	
4	Large purchases are discussed before they happen, not after.	
5	Neither of us hides purchases, accounts, or debts from the other.	
6	We revisit our financial plan at least twice a year, on purpose.	
7	We are aligned on how much risk we are willing to take with money.	
8	Our spending reflects the life we say we want, not just the life we drifted into.	
Domain 3 sub-total (out of 32)		

## Domain 4

## Shared Vision & Priorities

*How aligned you are on the life you are actually building.*

#	Statement	Score (1–4)
1	We could each write down the other's top three goals for this year and be right.	
2	We agree on what a great next 12 months would look like for our family.	
3	We revisit our shared vision at least once a quarter.	
4	Our calendar reflects our stated priorities more than it contradicts them.	
5	We know how we would handle a major disruption — job loss, illness, a move.	
6	We are aligned on parenting priorities (or the choice not to parent).	
7	We are aligned on how much time we owe extended family.	
8	Neither of us feels quietly resentful about a life we didn't choose.	
Domain 4 sub-total (out of 32)		

## Domain 5

## Intimacy, Connection & Ritual

*The small structures that keep a relationship alive under load.*

#	Statement	Score (1-4)
1	We have at least one recurring ritual of connection we both protect.	
2	We touch — non-sexually — every day.	
3	We know how to initiate and decline physical intimacy without wounding each other.	
4	We laugh together at least a few times a week.	
5	We ask each other real questions, not just logistics.	
6	We celebrate wins — small ones — instead of only debriefing problems.	
7	We spend time together that isn't about the kids, the house, or work.	
8	I still feel chosen by my partner. My partner still feels chosen by me.	
Domain 5 sub-total (out of 32)		

## Your total score

Add your five domain sub-totals for a total out of 160.

Score range	Band	What it tends to mean
135–160	Thriving	You have a strong foundation. The work now is to protect it and translate it into next-level goals — legacy, wealth, contribution.
105–134	Stable, with soft spots	Fundamentals are working, but one or two domains are quietly under-invested. Small, deliberate work here compounds fast.
75–104	Under strain	The relationship still works — but too much runs on effort, memory, or one person carrying the load. This is where system-level change is highest ROI.
40–74	In distress	You are past the point where more effort alone will fix this. You need structure, a shared language, and outside eyes.

### How to read your domain map

Your lowest-scoring domain is not a verdict — it is a leverage point. In almost every couple Stephanie works with, one domain is quietly dragging the other four down. Fix the lowest one first and the others rise without extra effort.

If two people in the same relationship take this and score more than 20 points apart in total, the story you are telling yourselves about the relationship is not the same story. That gap is the conversation.

### Your next step

- Open your **Couples Communication Action Plan** and go to the section that matches your lowest domain.
- Choose **one** practice from that section and run it for the next seven days — not five, not "when we feel like it."
- If you scored below 105 overall, or below 20 in any single domain, book a complimentary **Relationship Strategy Call**. This is the conversation the score was pointing you toward.
- Retake this assessment in 90 days. Movement of even 10 points is meaningful and usually visible in daily life.

This assessment is an educational self-reflection tool. It is not a diagnostic instrument and does not replace therapy, medical care, legal advice, or financial advice. If you are experiencing abuse or are unsafe, please contact appropriate local emergency

and support services first.