

ARE WE COMPATIBLE ?

Dr. Love's 118 Factors
For Measuring Compatibility
With Your Partner

Jamie Turndorf, Ph.D.

Author of The Critically Acclaimed
TILL DEATH DO US PART
(UNLESS I KILL YOU FIRST)

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ARE WE COMPATIBLE?

Thanks to decades of research, psychologists can predict with an astonishing 98% accuracy rate whether a relationship will make old bones or end up in the bone yard.

While it's true that opposites attract, research proves that homogeneity--or similarity--is the key to compatibility. This is because couples who are too dissimilar find themselves fighting over every issue big and small.

The truth is, the more similar you and your partner are the more compatible you will be.

With this test, I assess your level of homogeneity in the all the areas that matter...

So we can find out whether you are sexually, financially, religiously, and spiritually compatible...

And whether you share common interests, hobbies, personality traits, emotional communication styles, intimacy needs, problems solving methods, and much more.

GUIDELINES FOR OBTAINING ACCURATE RESULTS

Some of my questions investigate issues that you may not be currently experiencing in your relationship; but if these issues were to come up, you would have a problem. Take the following example: Currently you both earn identical incomes but you know that it would be a problem if your incomes didn't match. If I asked you to respond to the following statement: It's a problem that one of us earns more than the other technically you would have to say false, since you aren't currently experiencing this problem. But I want you to answer true, all the same, if you are sure that this would be problem.

Do not skip any questions, except the ones which say you may skip this question if it doesn't apply. When scoring your test, consider the allowable skipped questions as correct answers.

All questions are True or False, and the correct answer is given in parentheses. You must be honest with yourself to get the best results. It's not about being right or wrong, but about learning and gaining insight.

1) We have many similar interests. T or F. (T)

- 2) We both share many of the same hobbies. T or F. (T)
- 3) We both generally agree on how we like to spend our leisure time. T or F. (T)
- 4) We share similar money values (how much money should be saved for retirement vs. spent, etc.) T or F. (T)
- 5) We both agree on how to handle the assets and debts that each of us brings to the relationship. T or F. (T)
- 6) We are able to discuss and agree on financial decisions. T or F. (T)
- 7) We are both satisfied with the way we have planned (or the way we will plan) for future financial security (i.e. insurance, savings, investments, wills, etc.). T or F. (T)
- 8) One or both of us is worried that our expenses will exceed our income. T or F. (F)
- 9) We agree (or I am certain that we will agree) on the use we will make of credit cards in our financial management. T or F. (T)
- 10) We are both comfortable with how we both spend money. T or F. (T)
- 11) My partner agrees with me on the importance we give to social status, money and possessions in our lives. T or F. (T)
- 12) The social and economic lifestyles of our families are so different that it could cause or does cause problems between us. T or F. (F)
- 13) Differences in our backgrounds could cause or does cause problems in terms of how we spend money. T or F. (F)
- 14) There could be problems if one of us earns more money than the other does. T or F. (F)
- 15) One or both of us is concerned that work gets in the way of our relationship. T or F. (F)
- 16) We have problems because one or both of us places work ahead of the relationship. T or F. (F)
- 17) We both agree on whether a wife should work outside the home after having children (if you don't intend to have children, skip this question). T or F. (T)

- 18) We both agree that children will not become more important than our relationship as a couple (if you don't intend to have children, skip this question). T or F. (T)
- 19) We both have discussed and agreed on whether we will have children or not. T or F. (T)
- 20) We are in agreement on how we will combine careers and child rearing. (If you don't intend to have children, skip this question.) T or F. (T)
- 21) I am sure that my partner and I will agree (or we already agree) on how to divide the responsibilities of child care and child rearing (if you don't intend to have children, skip this question). T or F. (T)
- 22) One of us wants kids but the other does not. T or F. (F)
- 23) One of us wants kids right away and the other does not. T or F. (F)
- 24) I worry that we will disagree or we already disagree on how to rear our children (if you don't intend to have children, skip this question). T or F. (F)
- 25) I worry that our one or both of our families will interfere (or already does interfere) with the way we rear our children (if you don't intend to have children, skip this question). T or F. (F)
- 26) I am accepted by my partner's family and vice versa. T or F. (T)
- 27) Both our families agree that our relationship will come ahead of other responsibilities. T or F. (T)
- 28) We have many mutual friends that we both enjoy. T or F. (T)
- 29) We have friends that support the lifestyle and beliefs that we value. T or F. (T)
- 30) We agree on how much time we want to spend alone as a couple and how much time we want to spend socializing with other couples. T or F. (T)
- 31) We share similar religious (or spiritual) beliefs. T or F. (T)
- 32) We both agree on how much religion will be a part of our lives. T or F. (T)
- 33) One or both of us worships more often than the other, and this is a problem. T or F. (F)

- 34) We agree on the way we worship together. T or F. (T)
- 35) One or both of us is concerned that our different views on religion will cause problems. T or F. (F)
- 36) We have discussed and agree (or will be able to agree) on how we will handle church customs and traditions and sacramental preparations with our children (if you don't intend to have children, skip this question). T or F (T)
- 37) My partner and I agree on (or will be able to agree on) how chores and household tasks will be divided when we live together (or when we marry). T or F. (T)
- 38) I am confident that each of us will be able to agree on how to divide the responsibilities of running a home. T or F. (T)
- 39) We have discussed and are in agreement on the type of birth control we use or will use. T or F. (T)
- 40) Past emotional involvements of one or both of us will negatively affect our relationship. T or F. (F)
- 41) One or both of us can't seem to let go of a past relationship. T or F. (F)
- 42) We are often bothered by each other's habits or behaviors. T or F. (F)
- 43) One or both of us have felt frightened by the other person. T or F. (F)
- 44) One or both of us have found ourselves hoping that the other person will change his/her behaviors. T or F. (F)
- 45) We are usually relaxed around each other. T or F. (T)
- 46) We both are similar in our desire to continue growing and learning. T or F. (T)
- 47) Jealousy on one or both of our parts has created problems. T or F. (F)
- 48) One or both of us have worried that the other person isn't being honest. T or F. (F)
- 49) One or both of us has difficulty compromising. T or F. (F)
- 50) We are both willing to admit when we have been wrong or have made a mistake. T or F. (T)

- 51) One or both of us can be stubborn and inflexible. T or F. (F)
- 52) One or both of us hopes that the other person will change after we are married (or living together). T or F. (F)
- 53) One or both of us is fearful that the other partner will cause us harm. T or F. (F)
- 54) One or both of us feels that we can't be happy unless we are married. T or F. (F)
- 55) We both usually reach the goals that we set for ourselves. T or F. (T)
- 56) Suspiciousness has created problems in our relationship. T or F. (F)
- 57) One or both of us feels that the other partner is too possessive or clingy. T or F. (F)
- 58) Jealousy has been a problem in our relationship. T or F. (F)
- 59) One or both of us only feels happy when we are together. T or F. (F)
- 60) One or both of us feels that we can't live without the other. T or F. (F)
- 61) I like to talk my feelings out when I'm upset and my partner does too. T or F. (F)
- 62) My partner is willing to listen when I want to talk over something that is bothering me. T or F. (T)
- 63) My partner feels that I listen to him or her. T or F. (T)
- 64) We both feel that we can depend on each other when emotional support is needed. T or F. (T)
- 65) Our feelings for each other grow stronger each day. T or F. (T)
- 66) We often don't understand how the other person feels. T or F. (F)
- 67) We both know what we think and feel and are willing to share this information with each other. T or F. (T)
- 68) One or both of us often wonders what the other person is thinking or feeling. T or F. (F)
- 69) I feel that my partner is responsive to my needs, and my partner feels that I am responsive to him or her. T or F. (T)

70) One or both of us values keeping peace at any price, while the other does not. T or F. (F)

71) One or both of us is worried that the way one or both of our families solve problems may negatively affect how we solve problems as a couple. T or F. (F)

72) We fight more often than one or both of us would like. T or F. (F)

73) When we disagree, we can resolve our conflict right away. T or F. (T)

74) After a fight, one or both of us stays angry with the other person for days. T or F. (F)

75) When we are angry with each other, one or both of us yells and calls the other names. T or F. (F)

76) One of us always tries to win when we fight. T or F. (F)

77) One or both of us would like our partner to change how he or she handles angry feelings. T or F. (F)

78) We can usually resolve our differences. T or F. (T)

79) My partner gets even with me when he or she is angry at me. T or F. (F)

80) My partner feels that I get even with him or her when I am angry. T or F. (F)

81) One or both of us avoids discussing our disagreements. T or F. (F)

82) We both feel respected by the each other. T or F. (T)

83) One or both of us worries that we are involved with the wrong person. T or F. (F)

84) One or both of us worries that if we were to marry that our wedding would be too much of a production. T or F. (F)

85) Sometimes one or both of us worries that our love won't stand the test of time. T or F. (F)

86) I want to spend the rest of my life with my partner and he or she feels the same. T or F. (T)

87) We have loved each other for more than six months. T or F. (T)

- 88) We agree on how much time we need to spend alone. T or F. (T)
- 89) One or both of us is concerned that one factor (children, money, religion, sex, work, etc.) may create conflicts for us. T or F. (F)
- 90) My partner pulls away from me more than I am comfortable with. T or F. (F)
- 91) My partner feels that I pull away from him or her too often. T or F. (F)
- 92) One or both of us feels that the other person puts work, other friends, television watching, or outside interests ahead of the relationship. T or F. (F)
- 93) I feel that there are certain issues that my partner will not discuss with me. T or F. (F)
- 94) My partner feels that there are certain issues that I will not discuss with him or her. T or F. (F)
- 95) We both respect each other's desire to perform individual activities and to spend time alone. T or F. (T)
- 96) We can talk about our sexual fears, preferences and dislikes. T or F. (T)
- 97) We are in agreement on the type of birth control we use (or will use). T or F. (T)
- 98) One or both of us is concerned about the other person's previous sexual experiences. T or F. (F)
- 99) We are both satisfied with our sex life. T or F. (T)
- 100) We argue about sex. T or F. (F)
- 101) One or both of us worries that a past sexual relationship could negatively affect our relationship. T or F. (F)
- 102) We agree on the amount of sex that we have (how many times per day, week, month, etc.). T or F. (T)
- 103) We agree on the type of sex that we have (positions, etc.). T or F. (T)
- 104) We both agree on how much we want to experiment with various sexual practices and positions. T or F. (T)

105) We both have discussed and agree on whether or not we will be sexually faithful to each other. T or F. (T)

106) I am concerned that one or both of us will use sex to control the other. T or F. (F)

107) We are both prepared that our relationship will grow and evolve over time. T or F. (T)

108) One or both of us is upset by the other person's choice of hobbies or recreational activities. T or F. (F)

109) My partner and I enjoy many of the same hobbies and recreational activities. T or F. (T)

110) We both seek the other person's input before making decisions that will affect both of us. T or F. (T)

111) We have agreed (or I feel sure that we can agree) on the surroundings where we will live (location, neighborhood, house or apartment). T or F. (T)

112) We have identified and agree on (or I feel sure that we do agree on) our future goals and ambitions. T or F. (T)

Blended Families Section (Couples with children from previous relationships). Answer all that applies. Skip this section if it does not apply.

113) I am not comfortable when my partner disciplines my children. T or F. (F)

114) My partner is comfortable when I discipline his or her children. T or F. (T)

115) We agree on what furnishings and possessions each of us will bring to our new home. T or F. (T)

116) We both agree on the extent to which we will allow the children from our first marriages to come ahead of our relationship. T or F. (T)

117) We have discussed with our children some of the changes that our relationship will mean in their lives. T or F. (T)

118) Or or both of us is concerned that a previous spouse or lover or memories of a previous spouse or lover will cause problems in our relationship. T or F. (F)

CALCULATING YOUR LEVEL OF COMPATIBILITY

Count up the number of wrong answers, remembering to score the allowable skipped questions as correct answers.

Up to 5 wrong: You are highly compatible with your partner

6-10 wrong: You are moderately compatible with your partner

11 or more wrong: You have major areas of incompatibility

INTERPRETING YOUR RESULTS

Review all the questions you answered wrong. Then list the areas of incompatibility by category: sex, finances, religion, etc.

Don't despair if you discover that you are incompatible in more than one area. It is possible to have a happy relationship despite your differences.

In fact, many happy couples experience a mismatch when it comes to familial, sexual, political or financial values.

Value differences don't guarantee incompatibility. It's how you handle these differences that will make or break you as a couple.

If you're like most couples, you fall into the trap of arguing about value differences, trying to control and change each other. This leads to endless fighting. It's important to understand that values form the core of a person's identity. This is why values do not tend to change. What's more, neither of you should even think of trying to change one another's values. Values are not wrong or right. They simply are what they are and must be accepted. If you cannot accept your partner's values and vice versa, then you are truly incompatible.

Most couples, however, can learn to accept their value conflicts and differences. Doing this means agreeing to disagree and perhaps even avoid discussions that cause you to lock horns. For example, if you are politically mismatched, you just don't talk politics.

What about other kinds of differences? Let's say you have mismatched financial values

or parenting styles. You need to address each of these differences on a case-by-case basis. The goal is to collaborate with each other in a respectful and caring way to come up with a way of proceeding that embraces both of your values. My book [Till Death Do Us Part \(Unless I Kill You First\): A Step-by-Step Guide for Resolving Relationship Conflict](#) will show you how to do this.

WHAT IF YOUR TEST SHOWS THAT YOU'RE COMPATIBLE, BUT YOU'RE STILL FIGHTING?

If you're fighting despite a high level of compatibility, there's another culprit: unhealed childhood baggage on one or both of your parts.

Childhood baggage causes relationship fighting for two reasons:

- 1) Unhealed wounds cause us to overreact to the things that our partners say or do. Overreaction heats up the climate and causes fighting.
- 2) Childhood baggage makes it hard for us to let go of our intense reactions. Not letting go keeps fights alive.

To figure out what wounds are causing your relationship woes, use Your Personality Profile to test where you stand.

Also use my test [Is Your Partner Ready for Love?](#) to identify the emotional baggage that your partner brings to the table.

Both of these tests will identify your wounds and give you guidance on how to heal them.

Then read my book [Till Death Do Us Part \(Unless I Kill You First\)](#). My book will guide you step-by-step on how to identify and heal all the wounds that you and your partner are suffering. As you help each other heal, the love that brought you together will shine through and you will soon enjoy a truly happy and compatible relationship.