

Balance of Power Quiz

This quiz has two parts:

Part I is for anyone in an intimate relationship.

Part II is an additional part for those who are not only in an intimate relationship but whose lives are seriously intertwined (for example, through marriage, having children together, sharing significant valuable possessions, living together, etc.).

It's your decision whether to take only Part I or to take Part II as well.

Part I – For anyone who’s in an intimate relationship

DIRECTIONS

For each of the items below, please rate the item on a 1-5 scale, where:

- 1 My partner *almost always* makes the decisions or my partner’s views are *almost always* decisive.
- 2 My partner *usually* makes the decisions or my partner’s views are *usually* decisive.
- 3 We each make the decisions *equally often* or our views are *equally decisive*.
- 4 I *usually* make the decisions or my views are *usually* decisive.
- 5 I *almost always* make the decision or my views are *almost always* decisive.

When it comes to...	Your response
1. really important decisions in our relationship, _____.	
2. matters pertaining to relations with family members, such as parents, in-laws, siblings, children, etc., _____.	
3. matters of how or where we spend our joint leisure time, _____.	
4. how much time we actually spend together, _____.	
5. matters of religious observance or non-observance, _____.	
6. when and where we go out to eat, _____.	
7. matters of what constitutes acceptable “fidelity” or “loyalty” in our relationship, _____.	
8. planning for the future, _____.	
9. making decisions on matters of intimacy of various kinds, _____.	
10. deciding how committed we really are to each other, _____.	

Part II – If you're in a deeply intertwined relationship, continue here!

For each of the items below, please rate the item on a 1-5 scale, where:

- 1 My partner *almost always* makes the decisions or my partner's views are *almost always* decisive.
- 2 My partner *usually* makes the decisions or my partner's views are *usually* decisive.
- 3 We each make the decisions *equally often* or our views are *equally decisive*.
- 4 I *usually* make the decisions or my views are *usually* decisive.
- 5 I *almost always* make the decision or my views are *almost always* decisive.

When it comes to...	Your response
11. financial matters, such as allocating and investing money, _____.	
12. domestic matters of who does what in the household, _____.	
13. matters of making major purchases, _____.	
14. allocating space in the household to each of us, and as relevant, to each member of the household, _____.	
15. deciding where we live, _____.	
16. deciding where we go for vacations, _____.	
17. making decisions on sexual matters, _____.	
18. whether to have children, and if there are children, about how to raise them, _____.	
19. the disposition of assets should something happen to either or both of us, _____.	
20. how and how much to contribute to worthy causes, such as charity, _____.	

Scoring: Choose your scoring method below**Scoring for those who only answered Part I**

1. Add up the numbers for the questions you have answered: _____
2. Divide your total score by 10: _____

Scoring for those who answered Part I and Part 2

1. Add up the numbers for the questions you have answered: _____
2. Divide your total score by 20: _____

Interpretation of Scoring

If your overall score was:	
	Balance of power in favor of your partner
1.0 - 1.4	Your partner has almost all the power in the relationship. For most couples, this would be a cause for concern. Unless you truly want to have no power, you might consider counseling.
1.5 - 1.9	Your partner has much more power than you have. In many relationships, that distribution of power will be a cause of concern because of the imbalance. You might want to reflect on whether you are happy with this balance of power and talk to your partner if you are not.
2.0 - 2.4	Your partner has distinctly more power than you have. Are you ok with that?
	Relatively even balance of power
2.5 – 2.7	You have a pretty even balance of power, with your partner slightly more powerful than you are, but not at a level that should concern you unless you seek strictly equal power.
2.8 – 3.2	You have a very even balance of power in your relationship. This level of balance is actually rare.
3.3 - 3.5	You have a pretty even balance of power, with your being slightly more powerful than your partner, but not at a level that should concern you unless you seek strictly equal power.
	Balance of power in favor of you
3.6 - 3.9	You have distinctly more power than your partner does. Are you ok with that?
4.0 - 4.5	You have much more power than your partner has. In many relationships, that distribution of power will be a cause of concern because of the imbalance. You might want to reflect on whether you are happy with this balance of power and talk to your partner if you are not.
4.6 - 5.0	You have almost all the power in the relationship. For most couples, this would be a cause for concern. Unless you truly want to have all the power, you might consider counseling.