



## Transformational Healing

# Happiness Quiz for those in a Relationship

Who are you – Tigger, Pooh or Eeyore?

Choose A, B or C. Add up your points at the end.

### Marriage/Relationship

- A) I am very happy in my relationship most of the time.
- B) I am very happy in my relationship some of the time.
- C) I am rarely very happy in my relationship.

- A) I trust my partner most of the time.
- B) I trust my partner some of the time.
- C) I rarely trust my partner.

- A) I am very happy with our sex life most of the time.
- B) I am very happy with our sex life some of the time.
- C) I am rarely very happy with our sex life.

- A) We rarely argue about money.
- B) We sometimes argue about money.
- C) We argue about money frequently.

- A) We rarely argue about parenting.
- B) We sometimes argue about parenting.
- C) We argue about parenting frequently.

- A) We argue in a healthy way most of the time.
- B) We argue in a healthy way some of the time.
- C) We don't argue in a healthy way.

### Work

- A) I love my job most of the time.
- B) I love my job some of the time.
- C) I rarely love my job.



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Who are you – Tigger, Pooh or Eeyore?

### Stress

- A) I rarely feel stressed in my life.
- B) I sometimes feel stressed in my life.
- C) I feel stressed frequently in my life.

### Enoughness/Confidence

- A) I feel good, smart, successful enough most of the time.
- B) I feel good, smart, successful enough some of the time.
- C) I rarely feel good, smart, and successful enough.

- A) I am extremely confident in my life most of the time.
- B) I am extremely confident in my life some of the time.
- C) I am rarely extremely confident in my life.

### Trust

- A) I trust the decisions I make most of the time.
- B) I trust the decisions I make some of the time.
- C) I don't trust the decisions I make in my life.

- A) I trust most people most of the time.
- B) I trust most people some of the time.
- C) I rarely trust people.

### Boundaries

- A) I can say "No" to others with compassion most of the time.
- B) I can say "No" to others with compassion some of the time.
- C) I can rarely say "No" to others with compassion.

### Friends/Tribe

- A) I have a group (more than 2) of people I can confide in that mirror my strength, and I can ask for help when I am struggling.
- B) I don't have a group (more than 2) of friends I can confide in that mirror my strength, and I can ask for help with I am struggling.



**Transformational  
Healing**

## Happiness Quiz for those in a Relationship

Who are you – Tigger, Pooh or Eeyore?

**You are almost done!**

Add up your points.

Each A = 3 points

Each B = 2 points

Each C = 1 point

Go to the next page for your results.



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Who are you – Tigger, Pooh or Eeyore?



**30+ Points**

You are TIGGER! You are one happy individual! Good for you. Keep up the great work!



**20 to 29 Points**

You are Pooh. You are happy most of the time. You might need a few skills to tweak the less happy places in your life or relationship. In the places where you struggle, you could benefit from our “Happiness Is a Verb” program. Find it under **The Quest for Happiness for Couples** on our website.



**Less than 20 Points**

You are Eeyore. You deserve to be happier in your life. If you are ready to change how you look at yourself and the world, we are here for you. We recommend one-on-one coaching – to you find more happiness in your life. Get details under **The Quest for Happiness for Couples** on our website.