

Head / Heart Self Test

Below are a number of pairs of personal characteristics or traits. For each pair, choose the trait that describes you more. Mark A. if you are more "imaginative", or B. if you value being "rational". Some of the traits will appear twice, but always in combination with a different trait. There are no right or wrong answers. Please be honest.

Choose the word in each pair that best completes this sentence for you:

I am more...

- | | |
|--------------------|--------------------|
| 1. A. imaginative | B. rational |
| 2. A. helpful | B. quick-witted |
| 3. A. neat | B. sympathetic |
| 4. A. level-headed | B. efficient |
| 5. A. intelligent | B. considerate |
| 6. A. self-reliant | B. ambitious |
| 7. A. respectful | B. original |
| 8. A. creative | B. sensible |
| 9. A. generous | B. individualistic |
| 10. A. responsible | B. original |
| 11. A. capable | B. tolerant |
| 12. A. trustworthy | B. wise |
| 13. A. neat | B. logical |
| 14. A. forgiving | B. gentle |
| 15. A. efficient | B. respectful |
| 16. A. alert | B. cooperative |
| 17. A. imaginative | B. helpful |
| 18. A. realistic | B. moral |
| 19. A. considerate | B. wise |
| 20. A. sympathetic | B. individualistic |
| 21. A. ambitious | B. patient |

Now, take a moment to score the first part of this questionnaire. Give yourself a point for each answer that matches the following key. Note that numbers 1,4,6,8,10 and 13 are buffers and are not used in the scoring.

2. A ____	3. B ____	5. B ____	7. A ____	9. A ____
11. B ____	12. A ____	14. A ____	15. B ____	16. B ____
17. A ____	18. B ____	19. A ____	20. A ____	21. B ____
				Total: _____

Now, answer each of the following questions by placing a number beside the items as follows:

- | | |
|-------------------------------|----------------------------|
| 1. Rarely or none of the time | 2. A little of the time |
| 3. Some of the time | 4. A good part of the time |
| 5. Some of the time | |

- ___ When my partner and I have a disagreement, I win.
- ___ I'm more hard-driving than my partner.
- ___ I'm very good at solving problems for my partner.
- ___ Compared to my partner, I keep my feelings in check.
- ___ I'm good at accurately analyzing a situation or issue in our marriage
- ___ I'm a natural problem solver.
- ___ Compared to my partner, I confront conflict head-on.
- ___ I'm assertive.
- ___ Relative to my partner, I'm more goal oriented.
- ___ I like to get to the facts more than My partner
- ___ I have more "rules" about doing things than my partner.
- ___ I feel my partner is emotional.
- ___ I take control more than my partner does.
- ___ Compared to my partner, I would rather zero in on a solution than explore feelings.
- ___ I'm less sentimental than my partner.
- ___ I'm not easy to please because my expectations are high.
- ___ Compared to my partner, I'm more likely to criticize and pressure people to get things done.
- ___ I have no problem making my own needs known.
- ___ Compared to my partner, I'm less likely to show my emotions.
- ___ I want to be in control more than my partner does.

Score this self-test by totaling up your points on the items. There is a potential score of 20 to 100.

Total _____

The two parts of this questionnaire give you two sub-scores. The first half of the test reveals your heart score, while the second half reveals your head score.

Note them here:

Your heart score: _____

Your head score: _____

Making Sense of Your Head / Heart Self-Test

There are 15 possible points on the Heart Talk Test (indicating where you are in your inclination to sympathize). If you scored 7 points or more, you are probably in the "high heart" zone. Below 7 points puts you in the "low heart" zone. Note your heart score on this continuum.

Low Heart Talk

High Heart Talk

1

7

15

There are 100 points on the Head Talk Test (indicating where you are in your inclination to analyze). If you scored 50 or higher on this test, you are probably in the "high head" zone. Below 50 points puts you in the "low head" zone. Note your head score on this continuum.

Low Head Talk

High Head Talk

20

50

100

Some people talk with their heart but not their head; they tend to sympathize more than analyze. Others analyze more than sympathize. You now know which camp you tend to fall into. Are both of your scores high? Congratulations! You've learned to balance your head talk and heart talk. You've probably worked at this and are adept at using both when trying to make a meaningful connection with your partner. You sympathize as well as analyze. In other words, you empathize. You possess the precious secret to emotional connection. You hold an invaluable tool for any couple wanting to enjoy Love Talk: empathy.

Now perhaps you scored low on both Head Talk and Heart Talk; you neither sympathize nor analyze. That's okay. This simply means you presently tend to personalize more than empathize. In other words, for a number of possible reasons, you currently have a tough time seeing beyond your own boundaries. Chances are you're carrying some emotional pain. Perhaps you've been burned in a previous relationship and, like the turtle retreating into its shell, you currently withdraw in order to feel safe, to not get burned again. It's only natural and you shouldn't feel guilty for being in this place. With time and effort, as well as patience from your partner, you'll soon move beyond it.

Now let's get something clear before we go any further: if you or your partner's scores don't happen to land you in the territory of empathy— if you or your partner tend to sympathize but not analyze or vice versa, or if you or your partner tend to do neither—don't feel badly, not even for a minute. You're not alone. The vast majority of couples are in the same boat. That's why communication is consistently ranked as the number one frustration across the board for couples. More important, every couple, no matter their age or stage, can move into Love Talk with a few pointers and some intentional effort. As you will soon see, it generally requires only a tune-up, not an overhaul.