



# Couples Assessment Guide

By Magda Kay



This guide is designed to help you and your partner assess the different aspects of your relationship, identify areas that need attention, and celebrate where you're thriving. Work through each section together or individually, and then discuss your answers.

## How to Use This Assessment

- **Step 1:** Answer each question honestly, individually or as a couple.
- **Step 2:** Compare answers and identify patterns, strengths, and areas to improve.
- **Step 3:** Create actionable steps to address areas that need attention.
- **Step 4:** Revisit this assessment every 3-6 months to track progress.

A romantic embrace between a Black man with dreadlocks and a woman with long brown hair. The man is on the right, leaning his head against the woman on the left. They are both looking down and smiling softly. The background is a simple, light-colored wall with a dark metal frame, possibly a bed headboard.

# Your Sex Life

# Section 1: Your Sex Life

1. How often do you have sex (times per week/month)?
2. Last month, in how many different places did you have sex?
3. How long is a typical session (time yourselves)?
4. Do both partners consistently have orgasms? (Yes/No)
5. Do you openly talk about your fantasies? (Yes/No)
6. Do you rely on vibrators for her to orgasm? (Yes/No)

7. Do you rely on alcohol, weed, or other substances for intimacy?  
(Yes/No)
8. How many of your sexual fantasies have you explored in the last 12 months?
9. What's the longest you've gone without sex, and what was the reason?
10. Do both partners take care of their bodies through (Yes/No):
  - Diet
  - Exercise
  - Dressing up

11. How much do you physically desire your partner (0-10)?

12. Is your sex life improving, declining, or staying the same?

13. How many of the following have you tried in the last 3 months?

- Anal sex
- Role-playing
- Sending nudes/naughty messages
- Sex in public
- Watching porn/erotica together
- Visiting a sex shop
- Dressing up sexy
- Using toys (other than a vibrator)

# Reflection Time:

- Based on the questions, how do you feel about your sex life?
- How urgent is it for you to take action to improve your sex life?
- What's the easiest, fastest thing you can start doing right now to improve your sex life?
- What's the most important thing you should be doing for your sex life (and what's stopping you from getting started)?



# Friendship

# Section 2: Friendship

1. When something challenging happens, is your partner the first person you turn to? (Yes/No)
2. How much do you enjoy spending time with your partner (0-10)?
3. If you could take your dream trip, would you choose your partner as your travel companion? (Yes/No)
4. How much do you miss your partner when they're away (0-10)?
5. Do you share hobbies or interests that you both enjoy? List them.

6. How often do you laugh together in a typical week?
7. Do you regularly check in on each other's emotional well-being?  
(Yes/No)
8. How often do you intentionally plan quality time together (weekly/  
monthly)?
9. Can you openly share your thoughts and feelings without fear of  
judgment? (Yes/No)
10. Do you feel you can be yourself around your partner (0-10)?

# Reflection Time:

- Based on the questions, how do you feel about the friendship with your partner?
- How urgent is it for you to take action to improve your sex life?
- What's the easiest, fastest thing you can start doing right now to improve your friendship?
- What's the most important thing you should be doing for your friendship (and what's stopping you from getting started)?

A close-up photograph of a man and a woman in a bed. The man is on the left, looking towards the woman on the right. The woman is lying down with her eyes closed. A white rectangular box is overlaid in the center of the image, containing the word "Intimacy" in a large, black, sans-serif font.

# Intimacy

# Section 3: Intimacy

1. How often do you kiss passionately?
2. How often do you cuddle or hold hands?
3. Do you express love and affection daily (through words, actions, or gestures)?
4. How comfortable are you being emotionally vulnerable with your partner (0-10)?
5. Do you feel emotionally supported by your partner (0-10)?

6. How often do you feel truly connected during non-sexual moments?
7. Do you share personal goals and dreams with each other?
8. How often do you compliment or express appreciation for each other?
9. When was the last time you had a deep, meaningful conversation?
10. Do you feel safe sharing your insecurities or fears with your partner? (Yes/No)

# Reflection Time:

- Based on the questions, how do you feel about the intimacy with your partner?
- How urgent is it for you to take action to improve the intimacy in your relationship?
- What's the easiest, fastest thing you can start doing right now to improve your intimacy?
- What's the most important thing you should be doing for your intimacy (and what's stopping you from getting started)?

A romantic couple is lying in bed, smiling and embracing each other. The man is on the left, shirtless, and the woman is on the right, wearing a white tank top. They are both looking at each other with affection. The background is a soft, pinkish-red fabric, likely a bedsheet or pillowcase. A white rectangular box is overlaid on the center of the image, containing the word "Communication" in a large, black, sans-serif font.

# Communication

# Section 4: Communication

1. How often do you discuss important topics or decisions together?
2. Do you feel heard and understood when you share your thoughts? (Yes/No)
3. How often do disagreements turn into fights?
4. Do you resolve conflicts constructively (without blame or escalation)? (Yes/No)
5. Are you able to express your needs and desires clearly? (Yes/No)

6. How often do you practice active listening with each other?
7. Do you communicate daily, even when apart (calls, messages, etc.)?
8. Do you feel comfortable bringing up sensitive topics? (Yes/No)
9. How would you rate your overall communication as a couple (0-10)?
10. How often do you check in on your relationship and how you're doing together?

# Reflection Time:

- Based on the questions, how do you feel about the communication with your partner?
- How urgent is it for you to take action to improve your communication?
- What's the easiest, fastest thing you can start doing right now to improve your communication?
- What's the most important thing you should be doing for your communication (and what's stopping you from getting started)?



# Trust & Commitment

# Section 5: Trust and Commitment

1. Do you trust your partner completely (Yes/No)?
2. Have either of you ever broken the other's trust? If yes, has it been fully repaired?
3. Do you feel secure in your partner's commitment to the relationship (0-10)?
4. How often do you openly discuss your boundaries and expectations?
5. Have you kept promises made to each other? (Yes/No)

6. How do you support each other's personal growth and goals?
7. Do you feel confident in your partner's loyalty (Yes/No)?
8. Are both partners equally invested in the relationship (time, energy, effort)?
9. Do you celebrate milestones or achievements together?
10. How would you rate your overall level of trust as a couple (0-10)?

# Reflection Time:

- Based on the questions, how do you feel about the trust and commitment in your relationship?
- How urgent is it for you to take action to improve your trust and commitment?
- What's the easiest, fastest thing you can start doing right now to improve your trust and commitment?
- What's the most important thing you should be doing for your trust and commitment (and what's stopping you from getting started)?

A romantic couple is shown in a white bathtub filled with soapy water. The man is leaning over the woman, kissing her forehead. The woman is smiling and looking up at him. The scene is set in a bathroom with a chrome faucet and showerhead visible on the left. In the bottom right corner, there are some wooden sticks and a small jar, suggesting a spa or relaxation theme.

# Shared Vision & Goals

# Section 6: Shared Vision and Goals

1. Do you share similar long-term goals (e.g., family, finances, lifestyle)? (Yes/No)
2. How often do you discuss your future together?
3. Are you aligned on major decisions (e.g., career, children, location)? (Yes/No)
4. How do you handle differences in priorities or values?
5. Do you support each other's personal ambitions? (Yes/No)

6. How often do you plan for the future (short-term and long-term goals)?
7. Are you saving and planning together financially? (Yes/No)
8. Do you feel like a team working toward a shared purpose (0-10)?
9. How often do you revisit and adjust your shared plans?
10. Are you both satisfied with the direction your relationship is heading? (Yes/No)

# Reflection Time:

- Based on the questions, how do you feel about your shared vision & goals?
- How urgent is it for you to take action to improve your shared vision & goals?
- What's the easiest, fastest thing you can start doing right now to improve your shared vision & goals?
- What's the most important thing you should be doing for your shared vision & goals (and what's stopping you from getting started)?

A romantic close-up of a couple about to kiss. The man has a beard and is wearing a white shirt. The woman has blonde hair and is wearing a blue lace top. A white text box is overlaid in the center.

# Fun & Adventure

# Section 7: Fun and Adventure

1. How often do you try new activities together?
2. When was the last time you did something exciting as a couple?
3. Do you have shared hobbies or interests that you enjoy regularly?  
(Yes/No)
4. How often do you make time for spontaneous fun?
5. When was the last time you went on a date night?

6. How often do you prioritize travel or unique experiences together?
7. Do you laugh and joke around often? (Yes/No)
8. How adventurous is your relationship (0-10)?
9. Do you feel you're creating memorable moments together?
10. When was the last time you felt "like kids" together?

# Reflection Time:

- Based on the questions, how do you feel about the fun & adventure you share together?
- How urgent is it for you to take action to improve how much fun & adventure you have?
- What's the easiest, fastest thing you can start doing right now to improve your fun & adventure?
- What's the most important thing you should be doing for your fun & adventure (and what's stopping you from getting started)?

# Ready to Take Your Relationship to the Next Level?

This assessment is a powerful first step in understanding your relationship, but insights alone aren't enough—real transformation comes from action. If you're ready to deepen your connection, reignite your passion, and create the relationship you've always wanted, I'd love to guide you.

Here's What You'll Get When You Work with Me...

## **Personalized Support**

- Tailored strategies and insights designed specifically for you as a couple.
- Practical tools to address your unique challenges and goals.

## **Deep Dive into Key Areas**

- Learn how to rebuild intimacy, improve communication, and nurture your friendship.
- Explore new ways to enhance your sex life and reignite desire.

## **Proven Techniques That Work**

- Get access to actionable frameworks and exercises you can implement right away.
- Benefit from years of experience in helping couples rediscover connection and passion.

## **A Safe, Judgment-Free Space**

- Open up about your struggles and dreams with someone who understands and cares.
- Receive guidance that's supportive, empowering, and results-driven.

## Your Relationship Can Be Extraordinary

Don't settle for "just okay" when your relationship can be thriving, loving, and passionate. Let's work together to unlock your potential as a couple.

**BOOK YOUR FIRST SESSION**

Or visit: [www.MagdaKay.com/coaching](http://www.MagdaKay.com/coaching)

### 👉 **Book Your Session Today**

During our session, we'll explore where you are now, where you want to be, and how I can help you bridge the gap. Whether it's reigniting intimacy, healing past hurts, or simply finding joy in each other again, I'm here to support you.



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