

Compatibility Quiz Results



You scored **9** to **18**

We are a relationship gym. The questions in this quiz are our way of trying to see if you are practicing the good habits that increase your chances of being, and staying, happy; or are you unknowingly practicing the bad habits that turn so many relationships from fun to functional.

What concerns us is your happiness, not the status nor the longevity of your relationship. What we ask is this: are you happier now than you were say six months or a year ago? If the answer is yes, we're happy. If not, we're not. Either way, we encourage you to raise your curiosity. You may be ok, the question is why is it that so many start well but don't stay that way?

There is a reason why 80% of relationships turn stale, why one in two marriages fail, why the UK budget for family breakdown support (this is support for couples with children who wish to split) has gone from under £1bn in 2005 to over £50bn in 2016, and why so many children grow up not knowing what it's like to witness two happy life-loving friends as parents. Instead, they witness neutered dad or angry mum or two co-workers joylessly getting on with the task of family management believing that it's normal to consign fun to that long-forgotten honeymoon period. It's time for a change.

We need to change both as a society, and individually. As a society, we must do to relationships what we did to health: raise awareness to what is healthy and what no longer works. For example, there is no Mars nor Venus; the book needs a re-write and the new title should be: "If you're from Mars, find a Martian". The idea that men and women come from different planets is basically telling couples that it's normal to find your partner continually irritating, don't worry about it, this is simply because you belong to different sexes; therefore; continue to ignore the numerous red flags and maintain your comfortable illusion of love.

Individually, we need to regularly ask: does my relationship make my life happy or does my life make my relationship tolerable? Again, some of society's wisdoms simply no longer apply. Take this advice: some things you tell your friends, but not your partner. Its underlying message is far more harmful than we realise. In essence, this is saying that as long as you have real friends with whom you can be yourself, it's ok not to be yourself with the person you have chosen to spend the majority of your time, if not life, with.

How is this healthy? What a waste of so many opportunities. After all, red flags are invitations to find out if you're compatible but carrying previous baggage, or if you're incompatible. Why not find out as early as possible? Maybe the reason you find it hard to speak your mind and be yourself is down to the fact that one of your parents wore the trousers and the other, kinder parent, needed to be submissive to keep the peace; therefore you subliminally relate submissiveness to kindness. Perhaps neither was submissive and deep down you wondered if the home tensions would've been a lot less if only one of them was. Or it could be something else. Finding out early, while you're still in love, is the best time to unpack the baggage and give your relationship every chance of staying happy, and transforming your home into your go to place to exhale and be yourself.



Relationship Gym

I'm not selling our **annual MOT's** here, but this is exactly why we do them. Annual checks from the start to get to know ourselves and our partners a little better surely is the way forward. How you do it or with whom is not important, as long as you don't choose complacency over honesty.

Back to the quiz; your answers show that you may be practicing society's recommended habits without realising they no longer apply. You feel that sometimes it is smart, even kind to withhold certain thoughts. This may work if your life is full of other sources of joy such as a fulfilling career, hobbies, good health, a busy social life and so on. In health terms, you may appear healthy, but you are a heavy-smoker living in a time when the dangers of smoking have not yet been made public. Total freedom of expression is the oxygen that keeps love alive.

Freedom of expression does not mean zero compromise. There is always the need to compromise, but only after full disclosure. If you have the opportunity to have some fun with a friend but you feel this must be negotiated carefully with your partner, you may be in danger of repeating submissive patterns from childhood without realising it. Perhaps one of your parents was the trouser wearer and therefore the other needed to be submissive. Perhaps neither was submissive but you wish one of them was as this would have stopped many an argument. Perhaps it's something else. The point is to find out and not let it be the justification you use to censor and edit yourself in your adult relationships.

We are often asked some version of this question: "Dear Compass, speaking my mind with my partner causes friction. What should I do, should I be more careful and edit how I speak and probably make my relationship less stressful, or should I keep speaking my mind knowing that this may end the relationship?" Our answer will always be to speak your mind and risk ending the relationship. If your relationship can only work by you not being yourself, it's already



over. Losing your freedom to express guarantees loss of joy and will slowly but surely morph your relationship into the stereotypical joyless functional existence so many around us have.

We don't measure relationships by longevity, we measure them by honesty and certainty of happiness. Is it really that hard to embrace the idea that when it comes to love, we must speak our mind and be ourselves? If we find love by being our true selves, this is wonderful news. Next, we must allow time to test our certainty before we make lifelong commitments. If our certainty goes from strength to strength, great, if not, then the only kind thing we can do to ourselves, our partners, and our current or future children, is to find out why. If this leads to a return of certainty and joy, we stay as a couple, if not, then we mustn't be scared to consider changing our status. The one thing we shouldn't do is be fake, sell out, and increase our commitments just to keep the relationship going.

...Here's a question for you to consider...



Couple A and Couple B have engaged in some non-conventional sexual experiences before they met. Couple A decide to reveal all to each other. Couple B decide that somethings are best kept unshared. Which couple is more likely to be better parents?

We hope that you are full of questions and also optimism. We want to change the 80% stale 20% happy long-term split and we hope you can help us. Do have a look at [our exercises](#), [posts](#), [YouTube Channel](#) and various social media sources. Use our free [online chat](#) and let us know if you agree, disagree or if you'd like to comment on any of the above.

You are exactly the type of curious person we'd love to hear from. We share the same goal, finding love and keeping it fun and fulfilling. Let's not allow society's outdated clichés to stop us from admitting there is a problem with the status quo. We are human beings, if we don't feel freest in our own homes, we will be negatively affected in all other areas of our lives. There is a better way. Thank you for taking part and we hope to hear from you soon.