



**Index 1. Assessments Listing** (in alphabetical order)

**Book 1: Intrapersonal Intelligence (AI)**

Anger Assessment – Chapter 5

Helps you find out more information about your own feelings and expressions of anger.

Anger Quiz – Chapter 5

A quiz to help you and your spouse compare your attitudes about anger.

Basic Needs Assessments – Chapter 6

Basic Needs Assessment

Basic Needs Assessment Using Your Quality World

Need Strengths Profile

BMI Assessment – Chapter 7

Your BMI is your Body Mass Index number, and it tells you your amount of body fat. This number tells you if you are overweight or obese. America is the most obese country in the world, and we spend more money on health care than any other nation. The CDC (Centers for Disease Control and Prevention) reports that childhood obesity has more than doubled in children and tripled in adolescents in the past thirty years. Obesity is the result of overeating. People do not overeat because they are hungry. People overeat for emotional reasons, the same as any other addiction.

Controlling Parents Questionnaire - Chapter 6

Tells you:

Ten Signs You May Have Had Controlling Parents,

Ten Signs Your Parents May Still Control You,

Ten Signs Early Unhealthy Control May Still Affect You, and

Ten Signs You May be Overcontrolling Your Children.

## **21st Century Relationships Series • Assessments Listing**

---

### Empathy Assessment. Cambridge Behaviour Scale – Chapter 4

Measures your empathy quotient (EQ). People raised in individualistic cultures such as the United States have lower empathy skills than those from collectivist cultures. Empathy skills have dropped dramatically in the U.S. since the 1980s and 1990's.

### Identifying Feelings and Emotions - Chapter 4

Helps you identify your feelings and emotions.

### Learning Style/Modality Preference Assessment – Chapter 2

Determine your primary learning style – the way you learn best.

### Satisfaction with Life Scale - Chapter 2

Gives you an indication of how satisfied you are with your life.

### Self-Esteem Assessment – Chapter 2

This assessment can help you gauge your self-esteem.

### Who Am I? Exercise – Chapter 2

This exercise is designed to give you an indication of how well you know yourself as well as give you an indication of your relationship quotient (RQ).

## **Book 2: Interpersonal Intelligence (EI)**

### Bids for Connection – Chapter 5

Couples make “bids for connection” when they interact. How those bids are made and responded to influences how well that relationship is going to fare over time. Assess your style of bidding.

### Birth Order – Chapter 4

Assess someone's personality traits by looking at their birth order. For example, are they a perfectionist, do they avoid conflict, or do they love to have fun?

### Criticism. Is There Too Much Criticism in Your Relationship? Chapter 5

This quiz can help you see how well you and your partner state your needs (i.e., complain) without resorting to harmful criticism.

### Handwriting Analysis – Chapter 4

You can get an indication of someone's personality simply by looking at their handwriting. Over one-hundred characteristics such as affectionate, argumentative, extroverted or introverted, generous or stingy, honest, materialistic, or wants to be famous are presented so you can make an accurate assessment.

### How Well Do You Know Your Partner? – Chapter 5

One of the most important features of successful couple relationships is the quality of their friendship. Do you know your partner's inner world?

### Must Haves and Can't Stands – Chapter 3

Compile your list of "Must-Haves" and "Can't-Stands" - the qualities your partner must have and the items you find most offensive.

### NPI: Narcissistic Personality Inventory – Chapter 2

Determine your level of narcissistic traits in the areas of authority, self-sufficiency, superiority, exhibitionism, exploitativeness, vanity, and entitlement. The level of narcissism has increased twofold in the U.S. since the 1980's. It is considered an epidemic.

### **Book 3: Parental Intelligence (PI)**

### Attachment Style Assessment – Chapter 5

The early years of a child's life are important for establishing a feeling of security in a child. Their attachment style is formulated depending on the closeness they had with their mother. This assessment identifies why you may feel strong fears of rejection and abandonment in your relationships or whether you feel secure and are comfortable with intimacy. Discover your attachment style.

### Test your 21<sup>st</sup> Century Parenting Knowledge – Chapter 1

Answer twenty myth or truth questions to get a preview of *21<sup>st</sup> Century Parenting* and then compare your answers to the answers of leading experts.