

The EHFI Quiz

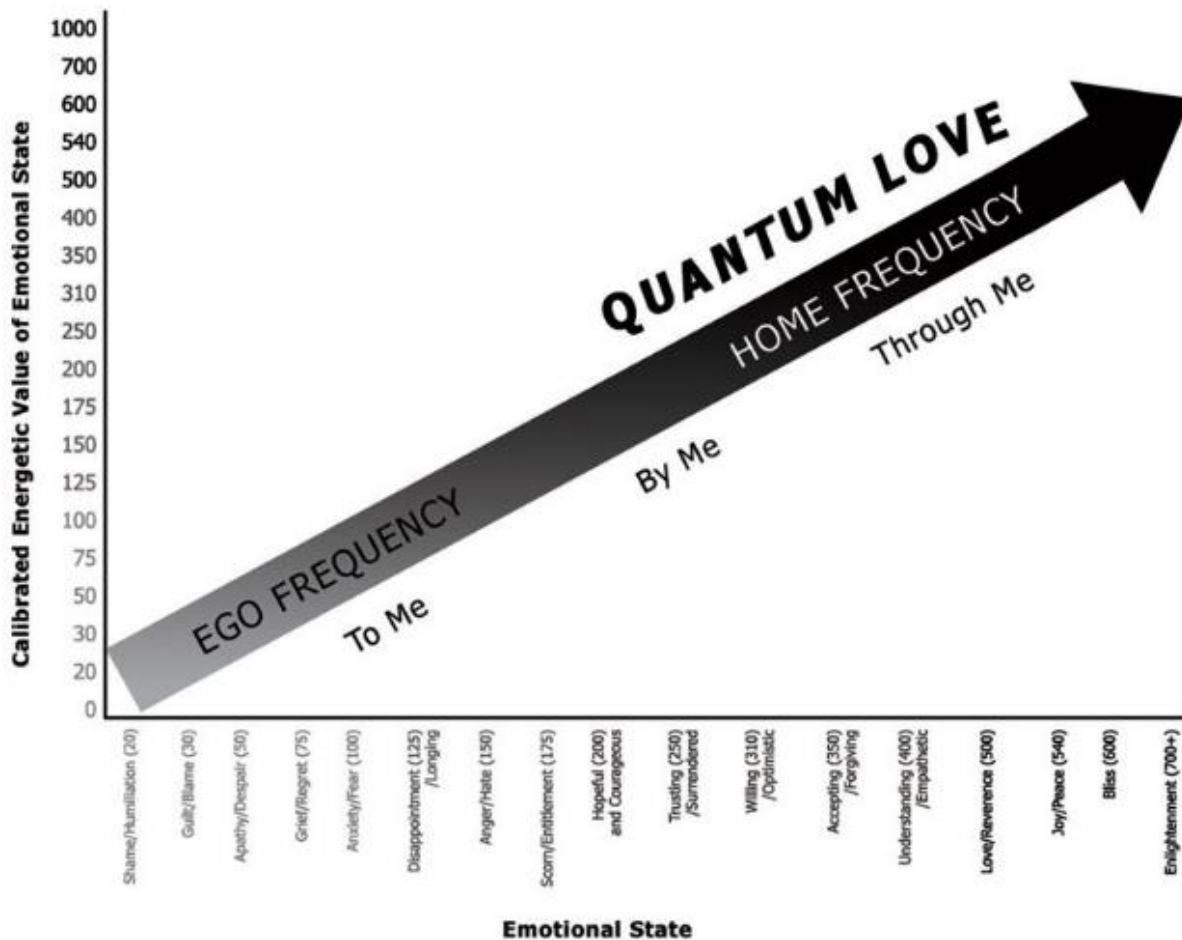
Below is a series of questions asking about key domains in your relationship. I have found in the years I have worked with couples that many of us feel wonderful in certain domains and not in others. This should give you a clear picture, if you don't have an idea already, of where your greatest areas of growth toward Quantum Love are to be found.

For each question, mark the Quantum Lovemap. Here's how it works. Remember, the EHFI is shaped like this:



There are three points on the EHFI. The left end of the infinity symbol indicates where you are your most pessimistic. The right end is where you are most optimistic, and exactly in the center is your point of transition (the feeling state from which you will likely be shifting from pessimism to optimism or vice versa). You can draw your EHFI on the questionnaire below by just marking where you are most pessimistic and optimistic and drawing the EHFI on top of that, or you can use the Quantum Lovemap below and mark each domain (or the domains you most want to work on) there.

Keep in mind that you don't have to currently be in a relationship to take this quiz. Just think about the last significant relationship you had, or answer in a general sense according to how you typically feel in relationships.



Partnership

When I think of working out logistics, respecting each other's feelings, working together . . .

At my worst moments I feel (left end point of EHFI):

Shame	Guilt	Apathy	Regret	Fear	Longing	Anger	Scorn	Hopeful	Trusting	Optimistic	Accepting	Empathetic	Love	Joy	Bliss	Enlightened
20	30	50	75	100	125	150	175	200	250	310	350	400	500	540	600	700+

At my most optimistic I feel (right end point of EHFI):

Shame	Guilt	Apathy	Regret	Fear	Longing	Anger	Scorn	Hopeful	Trusting	Optimistic	Accepting	Empathetic	Love	Joy	Bliss	Enlightened
20	30	50	75	100	125	150	175	200	250	310	350	400	500	540	600	700+

What's the point of transition (exactly in the middle of the two points)?

Vision

When I think about how aligned we are in our vision of the future, parenting styles, etc. . . .

At my worst moments I feel (left end point of EHFI):

Shame	Guilt	Apathy	Regret	Fear	Longing	Anger	Scorn	Hopeful	Trusting	Optimistic	Accepting	Empathetic	Love	Joy	Bliss	Enlightened
20	30	50	75	100	125	150	175	200	250	310	350	400	500	540	600	700+

At my most optimistic I feel (right end point of EHFI):

Shame	Guilt	Apathy	Regret	Fear	Longing	Anger	Scorn	Hopeful	Trusting	Optimistic	Accepting	Empathetic	Love	Joy	Bliss	Enlightened
20	30	50	75	100	125	150	175	200	250	310	350	400	500	540	600	700+

What's the point of transition (exactly in the middle of the two points)?

Alliance

When I think about the two of us as allies and feeling like we're on the same team . . .

At my worst moments I feel (left end point of EHFI):

Shame	Guilt	Apathy	Regret	Fear	Longing	Anger	Scorn	Hopeful	Trusting	Optimistic	Accepting	Empathetic	Love	Joy	Bliss	Enlightened
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Shame	Guilt	Apathy	Regret	Fear	Longing	Anger	Scorn	Hopeful	Trusting	Optimistic	Accepting	Empathetic	Love	Joy	Bliss	Enlightened
20	30	50	75	100	125	150	175	200	250	310	350	400	500	540	600	700+

What's the point of transition (exactly in the middle of the two points)?

Sex Life

When I think about the frequency and quality of our sexual connection

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At my worst moments I feel (left end point of EHFI):

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Shame	Guilt	Apathy	Regret	Fear	Longing	Anger	Scorn	Hopeful	Trusting	Optimistic	Accepting	Empathetic	Love	Joy	Bliss	Enlightened
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What's the point of transition (exactly in the middle of the two points)?

Communication

When I think about how we express ourselves, our level of respect and openness . . .

At my worst moments I feel (left end point of EHFI):

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What's the point of transition (exactly in the middle of the two points)?

Trust

When I think about the level of trust and support I feel with my partner

At my worst moments I feel (left end point of EHFI):

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What's the point of transition (exactly in the middle of the two points)?

Fun/Joy

When I think about the level of fun and joy I feel with my partner . . .

At my worst moments I feel (left end point of EHFI):

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What's the point of transition (exactly in the middle of the two points)?

Emotional Connection

When I think about the emotional connection and closeness between us

At my worst moments I feel (left end point of EHFI):

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What's the point of transition (exactly in the middle of the two points)?

Power

When I think about the balance of power in our relationship . . .

At my worst moments I feel (left end point of EHFI):

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