

# Are you

By Tracey Porpora

Has your spouse or significant other ever said "You are selfish?" Did you feel the comment was unwarranted? Or did it get you thinking: "Am I?" Or maybe it is just the opposite, you feel that you are a giving, loving person who stops at nothing "to do" for your partner? But does your mate agree? Take our quiz to learn what type of mate you truly are.

1. When your partner asks for a favor that requires effort on your part, do you:
  - A. Do it with a smile.
  - B. Say, "Ok, when I get around to it."
  - C. Groan and say "No," due to it being "Out of his/her way," or simply "not convenient."
2. Your significant other gets a promotion at work, so you:
  - A. Are so happy for him/her that you arrange a night of celebrations.
  - B. Say "that's great," and give him/her a hug.
  - C. Say that you're also up for a promotion, and if you get it then you can both celebrate together."
3. When you do something special for your mate, like cook dinner or plan a surprise vacation, you expect:
  - A. Nothing in return, but to see your partner happy.
  - B. He/she to be happy.
  - C. Your partner to do the same thing or better for you.
4. Your significant other's car broke down and you're sleeping:
  - A. You get up, get in the car and go to pick him/her up.
  - B. Offer to call AAA for them.
  - C. Roll over and go right back to sleep.
5. It is your partner's birthday, but you're low on cash, so you:
  - A. Cook him/her dinner and create a special "no cost" evening of romance.
  - B. Take him/her out to a diner, and give him/her an IOU for a gift.
  - C. Tell him/her you're beyond broke, and you'll make it up to him/her next year.
6. You're partner is sick with the flu, so you:
  - A. Make homemade chicken soup, and run right over with it.
  - B. Offer to take him/her to the doctor if he/she isn't better in a day.
  - C. Stay away because you really don't want to get sick.
7. Your partner is in the mood for intimacy but you are not, so you:
  - A. Please your partner in bed.
  - B. Agree, but are not too excited about it.
  - C. Tell him/her you'll do it "another night when you're in the mood."



# Selfish?

Give yourself five points for every "A," three points for each "B," and one point for every "C."

## Results:

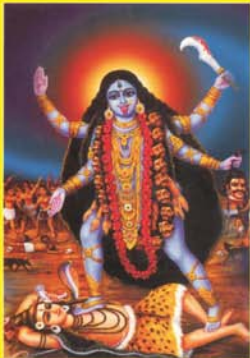
**Your score 30 or above - you are a loving, giving mate.** "A loving mate is one who puts their partner first and gets gratification from giving love, not just receiving it. For example, a loving mate is always attentive to how his/her loved one is feeling," says Dr. Carole Lieberman, a psychiatrist and author of *Bad Girls: Why Men Love Them & How Good Girls Can Learn Their Secrets* (Cogito, Nov. 2010) "Is he/she hungry, tired, bored, lonely, sad? The loving mate is always checking on what he/she can do to make his/her loved one happier."

**Your score 20 to 29 - you are a neutral mate.** "A neutral mate is disconnected from the relationship, not in a selfish way, but in a preoccupied way. He/she doesn't want to get hurt, so he/she keeps somewhat of a distance from anything too emotional in the relationship. He/she is just concerned on a practical level that things run smoothly," she says.

**Your score 19 or below - you are a selfish partner.** "A selfish mate is one who is only thinking about what he/she can get out of the relationship" says Lieberman. "He/she thinks that the relationship is just there to serve him/her and he/she is oblivious to the needs of his/her partner. For example, a Gold-Digger just wants to be pampered by her man with never ending gifts, and doesn't think she needs to give anything in return."



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