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Is Your Partner Emotionally Unavailable? 10-Question Quiz

Emotional unavailability is not always obvious. A partner may be physically present, dependable, and even loving in certain ways while remaining emotionally distant. Over time, this can leave the other person feeling unseen, unsupported, disconnected, or alone within the relationship.

This quiz is designed to help identify patterns that may suggest emotional unavailability. It's not intended to diagnose, but it does offer an opportunity to reflect on emotional dynamics that may be affecting your connection.

To take the quiz: Mark each statement Yes or No based on your partner's typical behavior and the overall pattern of your relationship. Count your Yes answers and refer to the scoring section for interpretation and next steps.

Quiz (Mark Yes/No)

- My partner avoids discussing feelings, vulnerabilities, or emotional needs.
- I often feel lonely, disconnected, or emotionally unsupported even when we spend time together.
- My partner has difficulty expressing emotions beyond anger, frustration, or surface-level reactions.
- When difficult topics arise, my partner tends to withdraw, change the subject, shut down, or become defensive.
- I frequently feel I am doing most of the emotional work in the relationship.
- My partner struggles to provide comfort or empathy when I'm upset.
- I often find myself wishing my partner would open more emotionally.
- I sometimes feel uncertain about where I stand emotionally with my partner.
- My partner seems uncomfortable discussing relationship concerns, emotional needs, or unmet expectations.
- Despite repeated conversations, the same patterns of emotional distance continue to occur.



Scoring & Interpretation

0-2: Low likelihood of significant emotional unavailability. Your partner appears reasonably capable of emotional connection, communication, and responsiveness, though occasional difficulties are normal in every relationship.

3-5: Mild signs of emotional unavailability. Certain aspects of emotional intimacy may be limited or inconsistent. Open communication and increased emotional awareness may help strengthen connection.

6-8: Moderate signs of emotional unavailability. Emotional distance may have a meaningful impact on relationship satisfaction, trust, connection, and emotional safety. Further exploration of relationship patterns may be beneficial.

9-10: Strong signs of emotional unavailability. Emotional disconnection may be a significant source of pain, frustration, loneliness, or confusion within the relationship. Consider seeking relationship support, coaching, or therapy to explore these dynamics more deeply.

Tools to Try Now

Relationship Reality Check: Ask: *"Am I responding to who my partner is, or to who I hope they will become?"* Answer honestly without judging yourself.

Emotional Needs Inventory: List your top five emotional needs in a relationship. For example, emotional support, affection, validation, vulnerability, trust, communication, or consistency. Ask: *"How many of these needs are being met?"*

Pattern Journal: For the next two weeks, briefly record moments when you feel emotionally connected and moments when you feel emotionally abandoned. Patterns often become easier to recognize when viewed over time rather than through isolated incidents.



Clarity Conversation: Choose a calm moment and communicate one emotional need clearly and directly. Observe your partner's response with curiosity rather than expectation. Their willingness to listen, engage, and understand may reveal important information about their emotional capacity.

Self-Abandonment Check: When emotional needs go unmet, many people focus entirely on changing their partner. Ask yourself: *"Have I been minimizing my own needs in order to keep this relationship comfortable?"*

Energy Assessment: Reflect on how much emotional energy you spend pursuing connection compared to how much energy your partner spends creating connection. Healthy relationships rarely feel entirely one-sided over extended periods.

The Future Question: Imagine nothing about your partner changes over the next five years. Ask yourself: *"Could I genuinely be at peace with this relationship as it is today?"* The answer may reveal important truths about your current reality.

Next Steps Based on Your Score

Mild (3-5): Focus on strengthening communication and increasing emotional awareness within the relationship. Small shifts in emotional responsiveness can sometimes produce meaningful improvements in connection.

Moderate (6-8): Consider exploring attachment styles, relationship patterns, and emotional intimacy more intentionally. Couples counseling, relationship coaching, or guided self-reflection may help clarify recurring concerns.

Strong (9-10): Emotional unavailability may be significantly affecting your well-being and relationship satisfaction. Consider seeking support from a therapist, coach, or trusted professional who can help you evaluate the relationship and determine healthy next steps.

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Ready to Go Deeper?

Did this quiz raise concerns about emotional distance in your relationship? Many spend years trying to understand why they feel lonely despite being partnered, why emotional conversations seem difficult, or why their needs consistently go unmet. The goal is not to label or blame your partner; it's to improve awareness of relationship dynamics and make informed, compassionate choices about the future.

Understanding emotional unavailability can help you recognize unhealthy patterns, communicate more effectively, strengthen boundaries, and build relationships that provide the emotional connection you deserve.

Recommended Resources

Adult Children of Emotionally Immature Parents by Lindsay C. Gibson, PsyD. An excellent resource for understanding emotional limitations, emotional neglect, and how these patterns affect adult relationships. See also related products.

Attached by Amir Levine, MD, and Rachel Heller, MA. A practical guide for understanding attachment styles and relationship dynamics.

Hold Me Tight by Dr. Sue Johnson. A highly regarded resource focused on strengthening emotional connection and creating more secure relationships.

Set Boundaries, Find Peace by Nedra Glover Tawwab, LCSW. Helpful for individuals who struggle to communicate needs or maintain healthy boundaries in emotionally challenging relationships. See also companion workbooks.

The New Rules of Marriage by Terrence Real. Offers practical insight into intimacy, emotional connection, communication, and relationship growth.

Daring Greatly by Brené Brown, PhD. Explores vulnerability, courage, emotional openness, and the importance of authentic connection.



Additional Support

Books and self-reflection can provide valuable insight, but meaningful change often requires honest conversations, healthy boundaries, and sometimes professional support.

If emotional unavailability has become a chronic source of loneliness, self-doubt, or emotional exhaustion, consider working with a therapist or relationship coach who can help you gain clarity about your situation.

This is a trauma-informed and nonjudgmental resource. If this quiz brings up difficult emotions, take your time to process. Awareness is often the first step toward making choices that better support your emotional well-being and relationship health.