How to Create a Relationship Quiz (Step by Step)

Relationship Quizzes · about 16 minutes · 2026-11-11

A fully illustrated 28-step guide to creating a relationship quiz: set an honest purpose, write balanced questions, build a fair scoring system, then test and share it responsibly.

Phase 1 — Set an Honest Purpose and Frame

1. **Write one sentence stating the quiz's purpose**
   Write one sentence stating the quiz's purpose.
2. **Name the exact audience**
   Name the exact audience.
3. **Choose a playful or reflective tone**
   Choose a playful or reflective tone.
4. **List three takeaways for the reader**
   List three takeaways for the reader.
5. **Add a clear non-clinical disclaimer**
   Add a clear non-clinical disclaimer.
6. **Decide what data you will not collect**
   Decide what data you will not collect.
7. **Cap the question count at ten to fifteen**
   Cap the question count at ten to fifteen.

Phase 2 — Write Questions That Elicit Honest Answers

8. **Mix three question formats**
   Mix three question formats.
9. **Replace abstract questions with concrete scenarios**
   Replace abstract questions with concrete scenarios.
10. **Balance positive and neutral items**
    Balance positive and neutral items.
11. **Keep every question to one idea**
    Keep every question to one idea.
12. **Strip out leading language**
    Strip out leading language.
13. **Order questions from easy to personal**
    Order questions from easy to personal.
14. **Use one consistent rating scale**
    Use one consistent rating scale.

Phase 3 — Design Scoring and Result Profiles

15. **Assign a score to each answer option**

    Assign a score to each answer option.

16. **Set three to four result bands**

    Set three to four result bands.

17. **Make every band positive and actionable**

    Make every band positive and actionable.

18. **Draft two to three sentences per result**

    Draft two to three sentences per result.

19. **Suggest one concrete next step**

    Suggest one concrete next step.

20. **Avoid fixed labels and diagnoses**

    Avoid fixed labels and diagnoses.

21. **Show the breakdown, not just the total**

    Show the breakdown, not just the total.

Phase 4 — Test, Share and Improve

22. **Run a pilot with five to eight people**

    Run a pilot with five to eight people.

23. **Mark every question that caused hesitation**

    Mark every question that caused hesitation.

24. **Check the result spread**

    Check the result spread.

25. **Write a short, honest intro**

    Write a short, honest intro.

26. **Test the layout on a phone**

    Test the layout on a phone.

27. **Collect optional anonymous feedback**

    Collect optional anonymous feedback.

28. **Revise one thing after every ten responses**

    Revise one thing after every ten responses.

Sources

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2. Psychology Today
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Written as a checklist from https://www.howcompass.com/how-to/How-to-Create-a-Relationship-Quiz. Corrections: https://www.howcompass.co