<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8" />

<meta name="viewport" content="width=device-width, initial-scale=1" />

<title>My Marital Mirror - Happiness Reflection</title>

<style>

body { font-family: Arial, sans-serif; max-width: 600px; margin: 20px auto; padding: 0 15px; background: #fefefe; }

h1, h2 { color: #4a4a9d; }

.question { margin-bottom: 20px; }

label { display: block; margin: 5px 0; cursor: pointer; }

input[type=range] { width: 100%; }

textarea { width: 100%; height: 60px; margin-top: 5px; font-family: Arial, sans-serif; }

button { background-color: #4a4a9d; color: white; border: none; padding: 10px 20px; cursor: pointer; }

button:hover { background-color: #3b3b7a; }

.hidden { display: none; }

.result { background-color: #eef; padding: 15px; border-radius: 8px; margin-top: 30px; }

</style>

</head>

<body>

<h1>My Marital Mirror</h1>

<p>Reflect on your happiness after marriage by answering the questions below.</p>

<form id="quizForm">

<div class="question">

<label for="emotionalHeard">1. How often do you feel emotionally heard by your spouse?</label>

<select id="emotionalHeard" name="emotionalHeard" required>

<option value="" disabled selected>Select one</option>

<option value="0">Never</option>

<option value="1">Rarely</option>

<option value="2">Sometimes</option>

<option value="3">Often</option>

<option value="4">Always</option>

<option value="5">More than ever</option>

</select>

</div>

<div class="question">

<label>2. If your feelings were colors, which palette fits your marriage today?</label>

<label><input type="radio" name="colorPalette" value="0" required> 🎨 Dark, gloomy shades</label>

<label><input type="radio" name="colorPalette" value="2"> 🎨 Mixed shades, some bright some dull</label>

<label><input type="radio" name="colorPalette" value="4"> 🎨 Mostly warm and bright colors</label>

<label><input type="radio" name="colorPalette" value="5"> 🎨 Bright rainbow full of colors</label>

</div>

<div class="question">

<label for="vulnerableDesc">3. In one sentence, describe how safe you feel to be vulnerable in your marriage:</label>

<textarea id="vulnerableDesc" name="vulnerableDesc" placeholder="Write here..." required></textarea>

</div>

<div class="question">

<label for="heartfeltConv">4. How often do you have a heartfelt conversation with your spouse each week?</label>

<select id="heartfeltConv" name="heartfeltConv" required>

<option value="" disabled selected>Select one</option>

<option value="0">0 times</option>

<option value="1">1-2 times</option>

<option value="3">3-4 times</option>

<option value="5">5 or more times</option>

</select>

</div>

<div class="question">

<label>5. Does silence between you and your spouse feel comfortable or heavy?</label>

<select id="silenceFeel" name="silenceFeel" required>

<option value="" disabled selected>Select one</option>

<option value="4">Comfortable</option>

<option value="3">Sometimes comfortable</option>

<option value="2">Sometimes heavy</option>

<option value="0">Heavy</option>

</select>

</div>

<div class="question">

<label for="affectionSlider">6. Rate the physical affection you receive from your spouse (0 = None to 10 = Very affectionate):</label>

<input type="range" id="affectionSlider" name="affectionSlider" min="0" max="10" value="5" />

</div>

<div class="question">

<label for="surpriseFreq">7. How often do you and your spouse surprise each other in small ways?</label>

<select id="surpriseFreq" name="surpriseFreq" required>

<option value="" disabled selected>Select one</option>

<option value="0">Never</option>

<option value="1">Rarely</option>

<option value="3">Sometimes</option>

<option value="4">Often</option>

<option value="5">Very Often</option>

</select>

</div>

<div class="question">

<label for="freedomFeel">8. Do you feel free to pursue your own interests without guilt?</label>

<select id="freedomFeel" name="freedomFeel" required>

<option value="" disabled selected>Select one</option>

<option value="0">Not at all</option>

<option value="1">Rarely</option>

<option value="3">Sometimes</option>

<option value="4">Often</option>

<option value="5">Always</option>

</select>

</div>

<div class="question">

<label for="growthLevel">9. Since marriage, how much have you grown into who you want to be?</label>

<select id="growthLevel" name="growthLevel" required>

<option value="" disabled selected>Select one</option>

<option value="0">Less than before</option>

<option value="2">About the same</option>

<option value="4">Some growth</option>

<option value="5">Significant growth</option>

</select>

</div>

<div class="question">

<label for="familyRespect">10. Do you feel respected by your spouse’s family?</label>

<select id="familyRespect" name="familyRespect" required>

<option value="" disabled selected>Select one</option>

<option value="0">Never</option>

<option value="1">Rarely</option>

<option value="3">Sometimes</option>

<option value="4">Often</option>

<option value="5">Always</option>

</select>

</div>

<div class="question">

<label for="familyVoice">11. How do you feel when family decisions are made?</label>

<select id="familyVoice" name="familyVoice" required>

<option value="" disabled selected>Select one</option>

<option value="0">Ignored</option>

<option value="1">Occasionally asked</option>

<option value="2">Asked but not listened to</option>

<option value="4">Asked and listened to</option>

</select>

</div>

<div class="question">

<label for="peaceLevel">12. On an average day, how peaceful do you feel inside?</label>

<select id="peaceLevel" name="peaceLevel" required>

<option value="" disabled selected>Select one</option>

<option value="0">Not peaceful</option>

<option value="2">Slightly peaceful</option>

<option value="4">Moderately peaceful</option>

<option value="5">Very peaceful</option>

</select>

</div>

<div class="question">

<label for="turnToSpouse">13. When you face an inner crisis, do you turn to your spouse?</label>

<select id="turnToSpouse" name="turnToSpouse" required>

<option value="" disabled selected>Select one</option>

<option value="0">Never</option>

<option value="1">Rarely</option>

<option value="3">Sometimes</option>

<option value="4">Often</option>

<option value="5">Always</option>

</select>

</div>

<button type="submit">See My Reflection</button>

</form>

<div id="result" class="result hidden"></div>

<script>

const form = document.getElementById('quizForm');

const resultDiv = document.getElementById('result');

form.addEventListener('submit', e => {

e.preventDefault();

// Gather answers and convert to numbers

const values = {

emotionalHeard: Number(form.emotionalHeard.value),

colorPalette: Number(form.colorPalette.value),

heartfeltConv: Number(form.heartfeltConv.value),

silenceFeel: Number(form.silenceFeel.value),

affectionSlider: Number(form.affectionSlider.value),

surpriseFreq: Number(form.surpriseFreq.value),

freedomFeel: Number(form.freedomFeel.value),

growthLevel: Number(form.growthLevel.value),

familyRespect: Number(form.familyRespect.value),

familyVoice: Number(form.familyVoice.value),

peaceLevel: Number(form.peaceLevel.value),

turnToSpouse: Number(form.turnToSpouse.value),

};

// Calculate total and max possible score

// Max possible per question:

// emotionalHeard = 5, colorPalette=5, heartfeltConv=5, silenceFeel=4, affectionSlider=10,

// surpriseFreq=5, freedomFeel=5, growthLevel=5, familyRespect=5, familyVoice=4, peaceLevel=5, turnToSpouse=5

const maxScore = 63; // sum of max points above

const totalScore =

values.emotionalHeard +

values.colorPalette +

values.heartfeltConv +

values.silenceFeel +

values.affectionSlider +

values.surpriseFreq +

values.freedomFeel +

values.growthLevel +

values.familyRespect +

values.familyVoice +

values.peaceLevel +

values.turnToSpouse;

// Happiness percentage

const percent = Math.round((totalScore / maxScore) \* 100);

// Determine level and message

let level = '';

let message = '';

if (percent <= 30) {

level = 'Deeply Unhappy 😞';

message = 'It seems you are facing many challenges in your marriage. Consider seeking support or counseling to explore ways to enhance your happiness.';

} else if (percent <= 50) {

level = 'Struggling 😕';

message = 'Your reflections show some struggles. Open communication and small changes could help you feel more fulfilled.';

} else if (percent <= 70) {

level = 'In-Between / Neutral 😐';

message = 'You are in a balanced place, with room to grow and improve your happiness further.';

} else if (percent <= 85) {

level = 'Mostly Happy 😊';

message = 'You experience a good level of happiness. Keep nurturing your relationship and yourself.';

} else {

level = 'Joyfully Thriving 🥰';

message = 'Your marriage seems full of joy and connection. Keep celebrating this beautiful journey!';

}

// Show result

resultDiv.classList.remove('hidden');

resultDiv.innerHTML = `

<h2>Your Happiness Reflection</h2>

<p><strong>Score:</strong> ${percent}%</p>

<p><strong>Level:</strong> ${level}</p>

<p>${message}</p>

<h3>Your own words on vulnerability:</h3>

<p style="font-style: italic; background:#f4f4f4; padding:10px; border-radius:5px;">"${form.vulnerableDesc.value.trim() || 'No response'}"</p>

<button onclick="location.reload()">Take Again</button>

`;

// Scroll to result

resultDiv.scrollIntoView({ behavior: 'smooth' });

});

</script>

</body>

</html>