

RELATIONSHIP ASSESSMENT

Name: _____

Date: _____

1- Strongly agree 2 - Agree 3 - Not sure/Neutral 4 - Disagree 5 - Strongly disagree

General:

- | | | | | | | |
|-----|---|---|---|---|---|---|
| 1. | I am generally happy with our relationship | 1 | 2 | 3 | 4 | 5 |
| 2. | I am generally comfortable with the way anger is expressed in our relationship. | 1 | 2 | 3 | 4 | 5 |
| 3. | I am generally comfortable with the way conflicts and disagreements are handled. | 1 | 2 | 3 | 4 | 5 |
| 4. | I am generally comfortable with the way affection is expressed in our relationship. | 1 | 2 | 3 | 4 | 5 |
| 5. | I love my partner. | 1 | 2 | 3 | 4 | 5 |
| 6. | I feel loved by my partner. | 1 | 2 | 3 | 4 | 5 |
| 7. | I feel valued in a serious conversation with my partner. | 1 | 2 | 3 | 4 | 5 |
| 8. | Even when we are together, I feel lonely or isolated. | 1 | 2 | 3 | 4 | 5 |
| 9. | I feel connected to my partner. | 1 | 2 | 3 | 4 | 5 |
| 10. | I generally feel respected. | 1 | 2 | 3 | 4 | 5 |
| 11. | I generally feel validated and affirmed. | 1 | 2 | 3 | 4 | 5 |
| 12. | I generally feel my feelings are understood and accepted. | 1 | 2 | 3 | 4 | 5 |
| 13. | The difficulty I experience in our relationship is: | | | | | |

14. I get frustrated with my partner when:

1 2 3 4 5

15. I get along well with my in-laws.

16. My in-laws are overly involved in, or have too much influence on, our relationship.

1 2 3 4 5

Communication:

1 I feel heard and listened to.

1 2 3 4 5

2 I believe my partner understands me.

1 2 3 4 5

3 We talk about things important to me.

1 2 3 4 5

4 I can safely express feelings to my partner.

1 2 3 4 5

5 I feel put down by my partner.

1 2 3 4 5

6 I believe my partner accepts my thoughts, feelings and accepts me.

1 2 3 4 5

7 I am comfortable expressing my needs, desires, wants and wishes to my partner.

1 2 3 4 5

8 My partner expresses their thoughts and feelings to me.

1 2 3 4 5

9 I usually understand or can make sense out of what my partner says to me.

1 2 3 4 5

10 I am satisfied with the level and nature of our communication.

1 2 3 4 5

11	I believe what my partner says to me.	1	2	3	4	5
12	I am satisfied with how we talk to each other.	1	2	3	4	5
12	I feel attacked, criticized, blamed or blamed by my partner.					
13	My Partner interrupts me when I speak.	1	2	3	4	5
14	Our communication would be better if:					
15	I feel valued in a serious conversation with my partner.	1	2	3	4	5
16	I feel ignored by my partner.	1	2	3	4	5

Conflict Resolution:

13	When we have a conflict, it gets bigger and includes more and more topics.	1	2	3	4	5
14	The same problems get brought up over and over and never seems to get resolved.	1	2	3	4	5
15	When discussing a problem or concern, we usually end up establishing blame and identifying who started it or why it isn't my fault	1	2	3	4	5
16	We are able to talk about what is troubling in our relationship when tension builds between us.	1	2	3	4	5

- 17 When discussing a problem or concern, one or more issues from the past get brought into the discussion. 1 2 3 4 5
- 18 I feel like I'm always wrong and am blamed for whatever problem we have. 1 2 3 4 5
- 19 I try to discuss a problem but my partner does not. 1 2 3 4 5
- 20 I think my feelings and opinions are treated as unimportant. 1 2 3 4 5
- 21 I sometimes feel ignored. 1 2 3 4 5
- 22 Our fights include shouting, cursing or name calling. 1 2 3 4 5
- 23 We have disagreements about: money, sex, kids, jobs, household chores, ----- (circle all that apply). 1 2 3 4 5
- 24 I sometimes feel fearful, threatened or intimidated by my partner's words or actions. 1 2 3 4 5
- 13 We tend to fight/argue over unimportant issues. 1 2 3 4 5

Affection and Sexual Expectations:

- 25 I feel nurtured by my partner. 1 2 3 4 5
- 26 My partner expresses affection toward me that is satisfying. 1 2 3 4 5
- 27 My partner is compassionate and empathic toward me. 1 2 3 4 5

28	I am sexually comfortable with my partner.	1	2	3	4	5
29	I can express my sexual needs to my partner.					
30	My partner express their sexual needs to me.	1	2	3	4	5
31	We are comfortable talking about our sexual expectations and needs to each other.	1	2	3	4	5
32	We like each other and like doing things together.	1	2	3	4	5
33	We have sex more/less (chose one) often than I would like.	1	2	3	4	5
34	We engage in positions I enjoy.	1	2	3	4	5
35	I fee pressured to have sex in ways I am uncomfortable with.	1	2	3	4	5

Spiritual Beliefs:

1	We have similar moral, religious and/or spiritual practices/values.	1	2	3	4	5
2	We agree on religious education for our children.	1	2	3	4	5
3	We agree on worship attendance.	1	2	3	4	5

Relationship roles:

1	We each do our fair share of household duties.	1	2	3	4	5
2	We have similar ideas about what a clean house is.	1	2	3	4	5
		1	2	3	4	5

- | | | | | | | |
|---|---|---|---|---|---|---|
| 3 | We make major decisions together. | 1 | 2 | 3 | 4 | 5 |
| 4 | I am satisfied with the amount of time I spend by my self and/or friends. | 1 | 2 | 3 | 4 | 5 |
| 5 | I am satisfied with the amount of time we spend together. | 1 | 2 | 3 | 4 | 5 |
| 6 | I am satisfied with the things and amount of things we do together. | 1 | 2 | 3 | 4 | 5 |
| 7 | I am satisfied by how our house is kept. | 1 | 2 | 3 | 4 | 5 |
| 8 | I am satisfied with the division of roles/labor we have worked out. | 1 | 2 | 3 | 4 | 5 |

Social and Recreational:

- | | | | | | | |
|---|---|---|---|---|---|---|
| 1 | We have similar interests and activities. | 1 | 2 | 3 | 4 | 5 |
| 2 | I am generally happy with the friends we have in common and how much time we spend socially together. | 1 | 2 | 3 | 4 | 5 |
| 3 | I am satisfied with the amount of social/recreational activities we do together. | 1 | 2 | 3 | 4 | 5 |
| 4 | I am satisfied with our social life. | 1 | 2 | 3 | 4 | 5 |

Financial:

- | | | | | | | |
|---|--|---|---|---|---|---|
| 1 | I am satisfied with how we spend money, and what we spend it on. | 1 | 2 | 3 | 4 | 5 |
| 2 | We often argue about financial issues | 1 | 2 | 3 | 4 | 5 |
| 3 | We usually discuss and decide together on major purchases. | 1 | 2 | 3 | 4 | 5 |

4 My partner manages money well. 1 2 3 4 5

Children:

1 We have similar ideas about raising our children. 1 2 3 4 5

2 We often disagree on how to discipline our children. 1 2 3 4 5

3 Our children are a significant source of friction between us. 1 2 3 4 5

4 Our children tends to divide and separate us. 1 2 3 4 5

Have you identified a pattern in your relationship where the problem is always the other person's fault? Have you ever felt helpless when the other person refuses to change?

Would you say it is time to start making some changes? List a few of the changes you would like to make.

Look back to your childhood. Did you feel adequately loved by your parents? How did they primarily express their love?

Based on the results in your life, what impact did they have on the way you communicate with, and related to, your spouse?

Make a list of your parents' failures and successes in conveying affection and affirmation to you.

What similarities do you see in how you express affection to your spouse?

How do your failures unconsciously reflect those of your parents?
What about successes?

What have you done to make your relationship better?

From my perspective, our problem is:

I contribute to our problems by:

My partner contributes to our problems by:

List 10 things your partner does that pleases you.

Our relationship would get better if I would (or things I'd like to change about myself that would make our relationship better):

To help me feel better about our relationship, list three things you wish your partner would do more often:

do less often:

An event, or events, that have had a negative affect on our relationship is(are):