

EVALUATING YOUR RELATIONSHIP

Directions

Use this form to get a quick sense of how you see your relationship. You can use this worksheet to identify areas in which you would like your relationship to improve.

Questions

1. There is a warm intimacy between us most of the time.

Strongly Agree Agree Disagree Strongly Disagree

2. I have no trouble forgiving my partner when I am hurt in our relationship.

Strongly Agree Agree Disagree Strongly Disagree

3. We are consistently able to do the things that we need to do to maintain a healthy relationship.

Strongly Agree Agree Disagree Strongly Disagree

4. Overall I feel our relationship is exactly as it is supposed to be.

Strongly Agree Agree Disagree Strongly Disagree

5. Any disagreements we have are resolved without hurts or conflicts.

Strongly Agree Agree Disagree Strongly Disagree

6. Our communication is always clear so we understand each other well.

Strongly Agree Agree Disagree Strongly Disagree

7. It is easy to apologize to my partner when I do something wrong

Strongly Agree Agree Disagree Strongly Disagree

Based on your answers, which of these 7 aspects of your relationship do you feel need work?
