

Relationship Assessment

1) We have been together:

Less than a year _____ 11-19 years _____

1-5 years _____ 20-29 years _____

6-10 years _____ 30 or more years _____

If married, how long have you been married?

Less than a year _____ 11-19 years _____

1-5 years _____ 20-29 years _____

6-10 years _____ 30 or more years _____

2) What originally attracted you to each other?

3) Have you or your partner previously been married or in a significant relationship? If so, how many times and how long did the marriages/relationships last?

4) What was your parents' relationship like?

5) What was your partner's parents' relationship like?

6) Is there anything from your childhood/life that you think would be important for us to know? If so, what?

7) Is there anything from your partner's childhood/life that you think would be important for us to know? If so, what?

8) I would describe my relationship and my feelings about it this way:

9) I think my partner would describe our relationship this way:

10) How easy is it to risk my personal thoughts and feelings with my partner?

Very easy _____ Somewhat difficult _____
Fairly easy _____ Very difficult _____

Why?

11) What topics seem difficult to discuss with your partner?

Emotional problems _____ Happiness at Home/Work _____
Children _____ Money _____
Sexual topics _____ Religious Concerns _____
Hopes and Dreams _____ In-laws and Family _____

Why are these topics difficult to discuss?

12) The words that best describe my relationship with my partner are:

Warm/Companionable _____ Conflict ridden/tense _____
Passionate _____ Convenient _____
Fun _____ Dull/Boring _____

13) In order to improve my relationship, I need to:

14) In what ways (if any) has my relationship not lived up to my expectations?

- _____ My partner takes me for granted
- _____ We have grown apart emotionally
- _____ We don't have the same goals
- _____ We seldom talk about things that really matter
- _____ We don't spend much time together
- _____ He/she is more interested in work/home than in me
- _____ I feel alone in my relationship
- _____ We rarely spend time alone together
- _____ I act just like my parents
- _____ He/she acts just like his/her parents
- _____ I am not giving our relationship my best efforts

Comments:

15) My relationship can be described in the following terms:

- A business arrangement, exchange of services
- The fire has gone out
- We have a blazing romance
- We had it at one time, but we lost it
- We struggled at first, but now we are everything together
- We never got the chance to build a strong foundation
- We love each other and talk about everything together
- Other _____

Comments:

16) I have personally enjoyed or gained in this relationship:

- Greater emotional security and stability
- A closeness and understanding, a best friend
- Self-confidence
- Broader interests, friendships
- Financial security
- A sense of purpose
- Sexual fulfillment
- Other _____

Comments:

17) I am most happy with my relationship/partner when:

18) I am most frustrated or discouraged with my relationship/partner when:

19) I would describe my feelings about our intimacy as:

Very satisfying _____ Somewhat dissatisfying _____
Reasonable satisfying _____ Quite dissatisfying _____

If you checked dissatisfying, identify some of the reasons for this below:

- _____ We are too hurried
- _____ The experience is too mechanical
- _____ My partner is not responsive to my needs
- _____ My partner is not spontaneous
- _____ Our sexual activity is too infrequent
- _____ My partner is too demanding about sex
- _____ Our sexual activity is too frequent
- _____ I never reach orgasm or climax
- _____ Sex is painful
- _____ Age and physical problems make it hard
- _____ Over the years I have lost interest
- _____ We no longer have sex
- _____ I do not feel comfortable talking to my partner about sex
- _____ Other _____

Write a paragraph or two about intimacy in your relationship (include matters such as frequency, satisfaction, fears, worries, suggestions for partner, suggestions regarding how you might enjoy each other more):

Comments:

22) How often do you argue?

- Multiple times a day
- Daily
- A few times a week
- Once a week
- A few times a month
- Once a month
- Less than once a month

What do you argue about most frequently?

23) Describe your last argument in detail. How did it start? How did it end?

24) How long do you typically stay mad at each other?

25) After a fight, who is the first one to attempt to make things better?

26) Do your arguments get physical? Verbally abusive? Please explain:

27) Do you feel safe and secure with your partner now? In the past? Explain:

28) What is my greatest fear/challenge with regard to my relational happiness?

- | | |
|--|---|
| <input type="checkbox"/> His/Her parents | <input type="checkbox"/> Lack of trust |
| <input type="checkbox"/> Children | <input type="checkbox"/> Unsatisfactory sex |
| <input type="checkbox"/> Job/Homemaking | <input type="checkbox"/> Religious concerns |
| <input type="checkbox"/> Health (partner/mine) | <input type="checkbox"/> Mutual competition |
| <input type="checkbox"/> Other _____ | |

Comments:

29) What are your partner's greatest strengths?

- Kindness and consideration
- Sense of humor
- Intelligence
- Strongly masculine/feminine
- Supportive
- Sense of responsibility
- Integrity
- Religious conviction
- Compliments me
- Leader to our family
- Good parent
- Sensitive to my needs
- Other _____

Comments:

30) What are your greatest strengths?

- Kindness and consideration
- Sense of humor

- ___ Intelligence
- ___ Strongly masculine/feminine
- ___ Supportive
- ___ Sense of responsibility
- ___ Integrity
- ___ Religious conviction
- ___ Compliments him/her
- ___ Leader to our family
- ___ Good parent
- ___ Sensitive to my partner's needs
- ___ Other _____

Comments:

31) If I had a suggestion or two for my partner, it would be:

- ___ Express feelings and emotions
- ___ Control temper
- ___ Help with household chores
- ___ Be more involved with family
- ___ Talk about job/home life more
- ___ Try new things (hobby, travel)
- ___ Be more interested in my interests
- ___ Control excesses (eating, shopping, etc.)
- ___ Increase non-sexual affection
- ___ Spend more time with children
- ___ Spend more time with me
- ___ Increase love and affection
- ___ Be more social

- ___ Watch TV less
- ___ Spend less time playing on the computer
- ___ Budget more wisely
- ___ Treat my parents/family better
- ___ Listen to my concerns
- ___ Be more flexible
- ___ Be less physical
- ___ Be more punctual
- ___ Other _____

Explain why you chose the suggestions you choose:

32) What are your partner's and your own strengths and weaknesses as parents (if applicable)?

His:

Hers:

33) Overall I would rate my relationship on a scale of 1-10 (10 being the best):

1 2 3 4 5 6 7 8 9 10

Explain your rating:

