

## 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?

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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 ?

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4) What was your parents' relationship like? \_\_\_\_\_

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

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

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

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

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

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

Very easy      \_\_\_\_\_      Somewhat difficult      \_\_\_\_\_

Fairly easy      \_\_\_\_\_      Very difficult      \_\_\_\_\_

Why? \_\_\_\_\_

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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:

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

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

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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



20) Who initiates sex most often?

\_\_\_\_\_

21) How committed am I to my relationship?

\_\_\_ I think I am more committed to our relationship than my partner

\_\_\_ My partner is more committed to our relationship than I am

\_\_\_ I don't see how we can make it

\_\_\_ We make a great couple

\_\_\_ I don't think my partner wants us to be together

\_\_\_ I love my partner and am thankful that we are together

\_\_\_ I like my partner most of the time, but there are a number of things that need improvement

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?

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

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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:

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

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

- His/Her parents
- Children
- Job/Homemaking
- Health (partner/mine)
- Other \_\_\_\_\_
- Lack of trust
- Unsatisfactory sex
- Religious concerns
- Mutual competition

Comments:

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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:

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30) What are your greatest strengths?

- Kindness and consideration
- Sense of humor
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- 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:

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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:

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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:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Any other comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
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Bring results to the session.

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