

Relationship Questionnaire

Answer **YES** or **NO** to the following statements regarding your relationship with your significant other. Write down your response for each and record the indicated numeric score.

1. ____ We regularly make plans to be together.
(If answer is yes, give your relationship 3 points)
(If answer is no, give your relationship 1 point)
2. ____ We enjoy many of the same activities and entertainment.
(If answer is yes, give your relationship 2 points)
(If answer is no, give your relationship 1 point)
3. ____ We usually agree about our finances, budget and spending decisions.
(If answer is yes, give your relationship 2 points)
(If answer is no, give your relationship 0 points)
4. ____ I am comfortable discussing my worries and dreams with my partner.
(If answer is yes, give your relationship 3 points)
(If answer is no, give your relationship 1 point)
5. ____ I believe that my partner is usually comfortable sharing his or her worries and dreams with me.
(If answer is yes, give your relationship 3 points)
(If answer is no, give your relationship 1 point)
6. ____ There are aspects of our relationship that are too difficult to talk about.
(If answer is yes, give your relationship 0 points)
(If answer is no, give your relationship 2 points)
7. ____ I am satisfied with the amount of affection and intimacy in our relationship.
(If answer is yes, give your relationship 3 points)
(If answer is no, give your relationship 0 points)
8. ____ Our differing needs regarding affection and intimacy causes strain on our relationship.
(If answer is yes, give your relationship 1 point)
(If answer is no, give your relationship 3 points)
9. ____ We have similar values, morals and religious beliefs.
(If answer is yes, give your relationship 3 points)
(If answer is no, give your relationship 1 point)
10. ____ We have similar beliefs about how to raise children.
(If answer is yes, give your relationship 2 points)
(If answer is no, give your relationship 1 point)

Results

Total your score. If your score is:

20-26: Your score suggests that you and your partner share a high level of compatibility, communication and commitment to your relationship. Keep on doing what you are doing. But if this is an area of concern to you, you might want to contact your Employee Assistance Program (EAP).

13-19: Your score suggests that there are some issues and areas of your life where you are not on the same page with your partner. Look at the specific items where you are least compatible and work on improving these areas of your relationship. For additional help, you might benefit from contacting your Employee Assistance Program (EAP).

7-12: Your score suggests that there are several areas of conflict in your relationship. Areas of intimacy, finance and communication are often the most difficult issues for most couples to deal with. The good news is that there is help available to those who want it. Your Employee Assistance Program (EAP) is a good place to start.

Sources:

The Good Marriage: How and Why Love Lasts by Judith S. Wallerstein and Sandra Blakeslee. Sandra; Houghton Mifflin, 1995.

Marriage Savers: Helping Your Family and Friends Stay Married by Michael J. McManus. Zondervan Books, 1993.

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