

## **Relationship Health Check Questionnaire**

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| 1. Do discussions between you and your partner often turn into arguments?  | <b>YES</b> | <b>NO</b> |
| 2. Do you feel that there is an equal balance of give and take in your relationship?   | <b>YES</b> | <b>NO</b> |
| 3. Do you or your partner avoid discussing serious issues?   | <b>YES</b> | <b>NO</b> |
| 4. Do you feel that you and your partner have a special bond?  | <b>YES</b> | <b>NO</b> |
| 5. Do you or your partner avoid physical affection?  | <b>YES</b> | <b>NO</b> |
| 6. Do you feel unappreciated in your relationship?   | <b>YES</b> | <b>NO</b> |
| 7. When you and your partner argue do either or both of you regularly resort to character assassinations such as name calling? | <b>YES</b> | <b>NO</b> |
| 8. Do either or both of you regularly find fault with one another ?  | <b>YES</b> | <b>NO</b> |
| 9. Do you feel that most of your needs are being met in this relationship?   | <b>YES</b> | <b>NO</b> |
| 10. Do you feel optimistic about your future together?   | <b>YES</b> | <b>NO</b> |
| 11. Do you look forward to spending time with your partner?  | <b>YES</b> | <b>NO</b> |
| 12. Do you feel lonely in your relationship?   | <b>YES</b> | <b>NO</b> |
| 13. Do you regularly find yourself day dreaming about being in a new relationship?   | <b>YES</b> | <b>NO</b> |
| 14. Have you given up believing that your needs will be met in this relationship?  | <b>YES</b> | <b>NO</b> |

15. Do you feel hopeless or fearful about your future together?      **YES**    **NO**
16. Do you feel that you are a main priority in your partner's life?      **YES**    **NO**
17. Do you feel comfortable with the physical side of your relationship?      **YES**    **NO**
18. Do you and your partner confide in each other?      **YES**    **NO**
19. Do you feel unity in your relationship?      **YES**    **NO**
20. Do you feel that it's OK for you to speak honestly and openly in the relationship?      **YES**    **NO**

**SCORING:**

**Add all the YES answers for questions 1, 3, 5, 6, 7, 8, 12, 13, 14, 15 TOTAL\_\_\_\_\_**

**Add all the No answers for questions 2, 4, 9, 10, 11, 16, 17, 18, 19, 20 TOTAL\_\_\_\_\_**

**Add the two scores TOTAL\_\_\_\_\_**

**0 to 4 = Good relationship, infrequent stress**

**5 to 10 = Relationship needs some work, occasional stress**

**11 to 15 = Seriously distressed, frequent stress**

**15 to 20 = Relationship is damaging, extremely stressful**