

Relationship Health Check Questionnaire

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

- | | | |
|--|------------|-----------|
| 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