

Name _____

RELATIONSHIP ASSESSMENT

Indicate the extent of agreement or disagreement between you and your partner on each item listed.

- 5=Always Agree
- 4=Almost Always Agree
- 3=Occasionally Disagree
- 2=Frequently Disagree
- 1=Almost Always Disagree
- 0=Always Disagree

- | | | |
|-------------------------|--------------------------|--------------------------------------|
| _____ Money | _____ Recreation | _____ In-Laws |
| _____ Career(s) | _____ Philosophy of Life | _____ Appropriate behavior |
| _____ Religion | _____ Time Together | _____ Aims, Goals, What is Important |
| _____ Friends | _____ Leisure Time | _____ Demonstrating Affection |
| _____ Sex | _____ Household Tasks | _____ Making Major Decisions |
| _____ Family Activities | _____ Parenting | |

Indicate approximately how often the following items occur between you and your partner.

- 5=All the time
- 4=Most the time
- 3=More often than not
- 2=Rarely
- 1=Never

- _____ Discuss or personally considered ending the relationship
- _____ Leave the house after a fight
- _____ Think and feel like things are going well between you and your partner
- _____ Confide in your partner
- _____ Regret becoming involved with your partner
- _____ Get on one another's nerves
- _____ Quarrel, argue, bicker

Do you kiss your partner?

Daily Almost Daily Occasionally Rarely Never

Do you and your partner engage in outside interests together?

Daily Almost Daily Occasionally Rarely Never

How often do the following events occur between you and your partner?

- 1=Never
- 2=Less than 1 time per month
- 3=1 to 2 times per month
- 4=1 time per day
- 0=More often

- _____ Have a stimulating conversation
- _____ Laugh together
- _____ Calmly discuss something you feel differently about
- _____ Work on a project

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RELATIONSHIP ASSESSMENT

Name: _____

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Have either of the items below caused differences of opinion/problems in your relationship in the past months?

- YES NO Being too tired for sex
- YES NO Not showing love

Use this line to indicate your present degree of happiness in this relationship. The mid point “happy” represents the degree of happiness for most relationships.

0	1	2	3	4	5	6
Extremely Unhappy	Fairly Unhappy	A little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

Use this line to indicate your desired degree of happiness in this relationship.

0	1	2	3	4	5	6
Extremely Unhappy	Fairly Unhappy	A little Unhappy	Happy	Very Happy	Extremely Happy	Perfect

Make a check mark next to the statement that best describes how you feel about the future of your relationship.

- I want desperately for my relationship to succeed, and would go to almost any length to see that it does.
- I want very much for my relationship to succeed, and will do all that I can to that it does.
- I want very much for my relationship to succeed, and will do my fair share to see that it does.
- It would be nice if my relationship succeeded, but I can't do much more than I am doing now to make it succeed.
- It would be nice if it succeeded, but I refuse to do any more than I am doing now to keep the relationship going.
- My relationship can never succeed, and there is no more that I can do to keep the relationship going.

What impact has completing this exercise had on how you view your relationship?

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Please continue to the Emotional Connection Questionnaire



Name _____

EMOTIONAL CONNECTION QUESTIONNAIRE

From Dr. Susan Johnson's 2008 book "Hold Me Tight"

FROM YOUR VIEWPOINT, IS YOUR PARTNER ACCESSIBLE TO YOU?

1. I can get my partner's attention easily. **T F**
2. My partner is easy to connect with emotionally. **T F**
3. My partner shows me that I come first with him/her. **T F**
4. **I am not** feeling lonely or shut out in this relationship. **T F**
5. I can share my deepest feelings with my partner. He/she will listen. **T F**

Total True _____ Emotional Accessibility

FROM YOUR VIEWPOINT, IS YOUR PARTNER RESPONSIVE TO YOU?

1. If I need connection and comfort, he/she will be there for me. **T F**
2. My partner responds to signals that I need him/her to come close. **T F**
3. I find I can lean on my partner when I am anxious or unsure. **T F**
4. Even when we fight or disagree, I know that I am important to my partner and we will find a way to come together. **T F**
5. If I need reassurance about how important I am to my partner, I can get it. **T F**

Total True _____ Emotional Responsiveness

ARE YOU POSITIVELY EMOTIONALLY ENGAGED WITH EACH OTHER?

1. I feel very comfortable being close to, trusting my partner. **T F**
2. I can confide in my partner about almost anything. **T F**
3. I feel confident, even when we are apart, that we are connected to each other. **T F**
4. I know that my partner cares about my joys, hurts, and fears. **T F**
5. I feel safe enough to take emotional risks with my partner. **T F**

Total True _____ Emotional Engagement

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