

Your Name: \_\_\_\_\_ ID \_\_\_\_\_ Date: \_\_\_\_\_

## Locke-Wallace Relationship Adjustment Test

Circle the dot on the scale line that best describes the degree of happiness, everything considered, of your present relationship. The middle point “happy” represents the degree of happiness that most people get from their relationship, and the scale gradually ranges on one side to those few who are very unhappy and, on the other, to those few who experience extreme joy or felicity in their relationship.

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Very Unhappy Happy Perfectly Happy

State the approximate extent of agreement or disagreement between you and your partner on the following items. Please check **each** column.

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
1. Handling Family Finances						
2. Matters of Recreation						
3. Demonstration of Affection						
4. Friends						
5. Sex Relations						
6. Conventionality (right, good, or proper conduct)						
7. Philosophy of Life						
8. Ways of Dealing with In-laws						

**For each of the following items, check one response:**

9. When disagreements arise, they usually result in  
(a) me giving in \_\_\_ (b) my partner giving in \_\_\_ (c) agreement by mutual give and take \_\_\_
10. Do you and your partner engage in outside interests together?  
(a) all of them \_\_\_ (b) some of them \_\_\_ (c) very few of them \_\_\_ (d) none of them \_\_\_
11. In leisure time, do you generally prefer:  
(a) to be “on the go” \_\_\_ (b) to stay at home \_\_\_
12. Does your partner generally prefer:  
(a) to be “on the go” \_\_\_ (b) to stay at home \_\_\_
13. Do you ever wish you had not committed to this relationship?  
(a) frequently \_\_\_ (b) occasionally \_\_\_ (c) rarely \_\_\_ (d) never \_\_\_
14. If you had your life to live over again, do you think you would:  
(a) commit to the same person \_\_\_ (b) commit to a different person \_\_\_ (c) not commit at all \_\_\_
15. Do you ever confide in your partner?  
(a) almost never \_\_\_ (b) rarely \_\_\_ (c) in most things \_\_\_ (d) in everything \_\_\_



*Licensed Counselors, Life Coaches, & Executive Coaches*

**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