

# EVALUATING A RELATIONSHIP

- |  |          |
|--|----------|
| 1. Do you feel that the other person in this relationship does not understand you? | YES / NO |
| 2. Are you able to speak freely to him or her about things that bother you?        | YES / NO |
| 3. Do you take a genuine interest in each other's lives?                           | YES / NO |
| 4. Do both of you pursue individual interests?                                     | YES / NO |
| 5. Is this relationship the only important relationship in your life?              | YES / NO |
| 6. Do you believe that you are a worthwhile person outside of this relationship?   | YES / NO |
| 7. Do you expect this person to meet all of your emotional or physical needs?      | YES / NO |
| 8. Is your relationship often threatened by others?                                | YES / NO |
| 9. Can you be yourself in this relationship?                                       | YES / NO |
| 10. Are you uncomfortable sharing your feelings with this person?                  | YES / NO |
| 11. Do you both work to improve the relationship?                                  | YES / NO |
| 12. Do you feel good about yourself?   | YES / NO |
| 13. Do you feel you have become a better person because of this relationship?      | YES / NO |
| 14. Can you both accept changes in roles and feelings within the relationship?     | YES / NO |

## SCORE:

1 Point for "yes" response to questions 2, 3, 4, 6, 9, 11, 12, 13 and 14.

1 Point for each "no" response to questions 1, 5, 7, 8 and 10

Total \_\_\_\_\_

## RESULTS:

- 1-3: There are few constructive elements in this relationship. You may want to think about your reasons for continuing the relationship, or work toward improving it.
- 4-6: This relationship has problems that might be resolved by working on honesty and communication.
- 7-10: There is the basis for a good relationship. Focus on the positive elements and work on improving the destructive ones.
- 10-14: You're doing well and have what it takes to build a successful and satisfying relationship.