



Relationship Assessment for Couples

This questionnaire is designed to help you set goals for your relationship. For pre-committed relationships your results will assist your long-term decision-making.

Your Name _____ Your Partner's Name _____ Date _____

SECTION 1 - Requirements		Not at all	Somewhat	Mostly	Completely
1	My requirements are met				
2	My Vision is supported				
3	My purpose and mission are supported				
4	I'm willing to live the rest of my life with everything exactly as it is in this relationship				
5	I am not settling for less than I really want by choosing this relationship				
6	We are in alignment about money				
7	We are in alignment about future plans				
8	We are in alignment about children and family				
9	This relationship is addiction-free				
10	I trust my partner to be sexually faithful				
11	I trust my partner with my/our money				
12	I trust my partner to be honest with me about everything				
13	I trust my partner to keep agreements in this relationship				
14	I can see myself growing old and happy in this relationship				
15	I feel physically safe in this relationship				
TOTALS					

SECTION 2 - Lifestyle		Not at all	Somewhat	Mostly	Completely
16	We are in alignment about our lifestyle				
17	We are well-matched in our food preferences and eating habits				
18	We are well-matched in our health habits and practices				
19	We are well-matched in our grooming and hygiene habits and practices				
20	We are well-matched in our hobbies, physical and leisure activities				
21	We are well-matched in our level of desire for travel and adventure				
22	We are well-matched in our preferences to stay home and have quiet times				
23	We travel well together				
24	I am supported to pursue my own interests/activities in this relationship				
Totals					



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SECTION 3 - Community		Not at all	Somewhat	Mostly	Completely
25	Our families support our relationship				
26	Our kids support our relationship				
27	Our friends support our relationship				
28	We are well-matched in our preferences for socializing with friends and family				
29	We both have individual support systems				
30	We seek support when we need it				
Totals					

SECTION 4 - Emotional Needs		Not at all	Somewhat	Mostly	Completely
31	I feel loved in this relationship				
32	I feel good about myself in this relationship				
33	This relationship brings out the best in me				
34	I feel emotionally safe in this relationship				
35	I feel able to be myself in this relationship				
36	I feel respected for who I am in this relationship				
37	We have equal levels of give and take in this relationship				
38	I have fun and laugh in this relationship				
39	This relationship feels equal on all levels				
40	We enjoy small moments of connection each day no matter how busy we are				
Totals					

SECTION 5 - Spirituality		Not at all	Somewhat	Mostly	Completely
41	We are in alignment about religious and/or spiritual beliefs and practices				
42	Our values are well-matched				
43	We are well-matched in our desire to make a difference in the world				
44	We support each other's hopes, dreams, and aspirations				
45	We recognize and support each other's "essence" in times of stress				
Totals					



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SECTION 6 – Relationship Skills		Not at all	Somewhat	Mostly	Completely
46	Our communication is effective				
47	We manage our differences positively and without conflict				
48	I am able to be totally honest in this relationship				
49	We handle stress effectively together				
50	We handle differences and conflict effectively without “fight or flight”				
51	We soothe ourselves and each other in tense situations				
52	We are able to live positively with our unresolvable differences				
53	We respect each other’s feelings and reactions during conflict				
54	We regularly discuss small frustrations and irritations so they don’t get larger				
55	We try to make things better during or after a conflict				
56	We forgive each other and don’t hold onto resentments				
Totals					

SECTION 7 – Domestic		Not at all	Somewhat	Mostly	Completely
57	We are in alignment about pets				
58	We are in alignment about how to handle kids				
59	We are in alignment about who does what around the house				
60	We are in alignment about our level of organization/neatness around the house				
61	We share equally in caring for our home				
Totals					

SECTION 8 – Sexuality		Not at all	Somewhat	Mostly	Completely
62	I experience strong chemistry				
63	I experience passion in this relationship				
64	I experience romance in this relationship				
65	I find my partner very attractive				
66	I get turned on with my partner				
67	I know what turns on my partner				
68	We talk about our sexual preferences and needs				
69	I’m fulfilled sexually in this relationship				
Totals					



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SECTION 9 – Personality/Development		Not at all	Somewhat	Mostly	Completely
70	We are well-matched intellectually				
71	We are well-matched emotionally				
72	We are well-matched developmentally (maturity, etc)				
73	We know and accept each other's quirks				
74	We intimately know each other's likes and dislikes, hopes and dreams				
75	We stimulate positive growth and learning for each other				
Totals					

<i>Review your scores and mark an "X" on the line corresponding to your estimated level of satisfaction in each section.</i>	RESULTS	Not at all	Somewhat	Mostly	Completely
	Section 1				
	Section 2				
	Section 3				
	Section 4				
	Section 5				
	Section 6				
	Section 7				
	Section 8				

What are your strongest areas? _____

What areas need improvement? _____

What do you need to learn more about? _____



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What are the top 5 items that could most interfere with the future success of your relationship?

1. _____
2. _____
3. _____
4. _____
5. _____

Given the above results, what are your top 5 goals for your relationship?

1. _____
2. _____
3. _____
4. _____
5. _____