

## Relationship Self-check

### The Quality of your Life is dependent on the Quality of your Relationships

Therefore, the purpose of this questionnaire is to provide you a private and confidential opportunity to assess your current thoughts and feelings about the quality of your relationship.

We invite you to read each question and respond honestly, as you feel today, rather than how you think you “should” feel.

Complete the inventory on your own. If your partner is willing, have him/her complete this as well.

If you choose to discuss your answers or final score, we invite you to use the dialogue as an opportunity to look for ways to improve your ratings and the Quality of your Relationship. This is not designed to look for fault or blame, or to cause conflict.

If your partner is not willing, or you choose not to discuss it, this information will provide you with a solid starting point for your coaching sessions or retreat.

Here is the truth: **any improvements YOU choose to make, will create positive results in the relationship. It is a choice.**

**Directions:** Listed below are 10 basic skills/attributes needed to establish a satisfying, loving relationship. Read each one carefully and **rate yourself** honestly by choosing one of the numbers.

#### 1. Accountability

I recognize my thoughts, words, actions, and feelings as my own. I show this in statements that begin with “I.” For example, “I think...,” “I feel...,” “I like...,” rather than “You should...,” “You make me feel...,” “You never give me....”

Never Always  
1 2 3 4 5 6 7 8 9 10

#### 2. Honesty

I share what I think and feel about situations, even if there is potential for conflict. I share my thoughts and feelings in a kind, respectful way, consciously aware of my facial expression, tone of voice, and body posture.

Never Always  
1 2 3 4 5 6 7 8 9 10

**Relationship Self-check****3. Self-disclosure or Vulnerability**

I openly express my innermost thoughts, feelings, and fantasies. I talk about my strengths and weaknesses, even if it is uncomfortable for me to do so. I let my partner know what is really happening with me.

Never Always

1    2    3    4    5    6    7    8    9    10

**4. Listening**

I listen carefully when my partner is talking. I focus my attention on my partner and what he/she is saying. I listen to the words and feelings. I ask for clarification to ensure I understand. I suspend my judgements. I don't interrupt or finish his/her sentences.

Never Always

1    2    3    4    5    6    7    8    9    10

**5. Respect**

I show my partner respect at all times. I treat him/her with care and dignity, whether I agree or not. I treat him/her as an equal and valuable human being.

Never Always

1    2    3    4    5    6    7    8    9    10

**6. Authenticity**

I appreciate my partner for his/her unique thoughts, feelings, and attitudes. I accept our differences without trying to change my partner to my way. I see our differences as opportunities for us to be better together – as a team.

Never Always

1    2    3    4    5    6    7    8    9    10

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### 7. Support

I support my partner because I want him/her to succeed (in however he/she defines success). I ask my partner questions to learn how I can support in different situations. I always follow through on what is requested when I am physically, mentally, and emotionally able. If I am not able to follow through, I share this honestly and openly.

Never Always  
1 2 3 4 5 6 7 8 9 10

### 8. Play

I consciously and consistently create fun, excitement, spontaneity, and joy in our relationship.

Never Always  
1 2 3 4 5 6 7 8 9 10

### 9. Romance/Sexual Intimacy

I honestly and openly share my feelings and desires about our level of romantic behaviour. I ask my partner for direction about how I can please him/her, and I am willing to share what arouses me, even if it is uncomfortable to do so.

Never Always  
1 2 3 4 5 6 7 8 9 10

### 10. Forgiveness

I easily forgive. This does not mean forgetting. It does mean accepting and learning from my past mistakes to enable me to live in the "now." Forgiveness is about me letting-go of the past and moving forward. I understand that ultimately, forgiveness is only about forgiving myself.

Never Always  
1 2 3 4 5 6 7 8 9 10



## Relationship Self-check

**Add your ratings for a grand total: \_\_\_\_\_**

**Based on the questionnaire, we invite you to list any insights, thoughts, feelings, or “best steps” you have identified.**

**\*\*\*We invite you to continue below for a summary of your ratings.**

**If your score is:**

<p>10 - 49</p>	<p>Major changes need to be made, starting immediately.</p> <p>Your relationship is in a very difficult place and <b>trust</b> (the most critical component in a relationship) is waning.</p> <p>Individual coaching is a great option for you. In fact, coaching or counselling may be required for you to find ways to create happiness and success in your life. It will be extremely difficult for you to make improvements on your own.</p> <p>If your partner is willing to work with you, Couples Coaching will allow you to work together to build a solid foundation, upon which you can re-build your relationship.</p> <p>If this relationship ends, it will be challenging for you in the future to develop a loving, caring, respectful relationship without assistance.</p>
<p>50 – 69</p>	<p>You may experience many challenges, however on-going support through coaching, seminars, retreats, or personal development programs (books and/or courses) will greatly enhance the quality of your relationship and increase your level of satisfaction and contentment. If you participate in these together as a couple, your growth will be magnified.</p> <p>Small consistent changes will yield great results for you over time.</p> <p>Your partner and others may not understand or support you in these improvements because you are not who you used to be.</p> <p>If your partner is willing and wanting to enhance the relationship, Couples Coaching or Couples Retreats will allow you to ratchet forward more quickly and effectively.</p> <p>Patience, persistence, and hope are critical. It will be worth it.</p>

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<p>70 – 89</p>	<p>Your relationship may seem “OK”, but there are still inconveniences and disruptions to your happiness and joy. Your relationship may even seem “humdrum” or lacking in spark much of the time. TV, computer, and/or social media may be a constant distraction for you and/or your partner. This complacency can be extremely dangerous, even if you look around and this seems “normal.”</p> <p>Don’t be satisfied with “normal” because there are much greater experiences in store for you – if you want them and you are willing to make changes to yourself.</p> <p>Be watchful for signs of discontent in yourself and from your partner. Talk about them immediately, with honesty, integrity, and a desire to improve.</p> <p>Couples Coaching or Couples Retreats will support you to develop Toolkits so your relationship can keep getting more exciting and fulfilling every day!</p>
<p>90 - 100</p>	<p><b>Congratulations! You are on a Relationship Mastery quest.</b></p> <p>With conscious, intentional work, you may be able to keep your relationship escalating on your own. Love is the answer.</p> <p>As a couple, develop strategies to keep moving your relationship forward. Experience the power and potential you possess as you work/play together synergistically. Celebrate your insights and successes regularly.</p> <p>Strive to keep your relationship growing. Consider Couples Coaching, a Couples Retreat or attending a Couples Seminar on a regular basis. Or at least find great books or videos that you can share together.</p> <p>Search for other couples on a similar path. Keep a watchful eye and look for ways to connect, share ideas, and have fun with other conscious, intentional couples.</p>