

## 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 and submit. Invite your partner to complete the survey and submit it too.

A confidential reply will be sent to you, with a summary of your results and alternatives for you to consider.

This information will provide you with a solid starting point for your coaching sessions or retreat, should you choose to engage one or both of those.

We invite you to record any insights you have. 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