



Relationship Quality Assessment

We all long for an intimate relationship that cherishes and unfolds our desire to love and be loved. Yet the special relationships that make our heart sing also make us work harder than we've ever worked before. Some relationships are "built to last", while others may be less well-equipped to withstand the challenges and changes time can bring.

If you are concerned about the health of your special relationship with your partner, a simple assessment like the one below is often the best place to start. If the assessment reveals trouble areas within your relationship, the good news is that relationship counseling has been shown to be effective in strengthening important bonds and readying the relationship for whatever may lie ahead.

Instructions: Answer each question using the rating scale below. When you have answered all of the questions, enter your name and email address to receive your confidential Relationship Quality Assessment report.

1
2
3
4
5
 Less True More True

1. I often think about how fortunate I am to have found and to be with my partner.	
2. If I write down a list of the top 5 qualities I look for in a partner, my current partner possesses at least 4 of them.	
3. Most of the time, I feel incredibly satisfied with the support I get from my current relationship.	
4. If asked about the strength and vigor in my relationship, I would be able to say "very strong" without hesitation.	
5. My partner frequently asks me how I am doing and expresses interest in my daily life and activities.	
6. I know there are always compromises in relationships, and I feel like the compromises in mine are reasonable. I do not have to sacrifice or give in too much.	
7. I frequently think, "It is such a reward to see my partner after a long and stressful day."	
8. When my partner and I disagree, we do <i>not</i> typically say deeply hurtful things to one another.	



9. I tend to feel very confident and self assured when I am with my partner.	
10. My relationship meets the majority of my wants and needs from a romantic relationship.	
11. My partner is <i>not</i> overly dominant or submissive in our relationship.	
12. Despite busy lives and schedules, my partner and I make time to spend “quality time” together doing the things we really enjoy. We frequently have a lot of fun together.	
13. I really like the way that I act and come across to others when I am with my partner.	
14. I do <i>not</i> have difficulty with expressing my feelings and desires in my relationship to my partner.	
15. My partner and I regularly check in with each other to discuss our future plans and aspirations together.	
16. When faced with a difficult or unclear situation, my partner is one of the first people I want to go to for help, support, or advice.	
17. My feelings towards my partner are mostly those of love and affection.	
18. I know that I can truly depend on my partner to be there for me no matter how difficult times get.	
19. One of the things that makes me very happy in my relationship is how my partner expresses his/her feelings for me, either verbally or nonverbally.	
20. On a typical day, I do <i>not</i> think about how much better all of my friends’ relationships are.	
21. My partner and I are physically attracted to one another.	
22. On several occasions, I have pictured my future with my partner and it has made me smile.	
23. The positive aspects in my relationship significantly outweigh the negative ones.	
24. My partner and I have a satisfactory level of intimacy with each other and passion for each other.	
25. I do <i>not</i> frequently worry about getting into arguments or disagreements with my partner.	
26. While my partner and I are very attracted to each other, our feelings go beyond lust and there is a genuine caring for one another.	



27. My family members or friends have told me that my partner and I seem to be very well suited for each other and appear to be very happy together.	
28. My partner regularly shows that she/he respects and loves me by doing things like helping out with tasks, surprising me with something I like or enjoy, making thoughtful comments, or telling me that she/he is proud of my accomplishments.	
29. My partner and I have genuine trust in one another and neither of us typically acts jealous or controlling.	
30. I feel that my partner really listens to what I have to say and wants to support me and help me to excel and be happy.	

My Name Is:	
My Email Address Is:	

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Look forward to your Relationship Quality Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center