

## **RELATIONSHIP ASSESSMENT GUIDE**

This survey will provide a better understanding of the psychological issues that may be troubling your relationship. The questions are designed as a personal checklist. If you respond with a no answer to any question, you may first write in your journal on what your part is and then discuss it with your partner.

### INTIMACY:

- Do you feel close to your partner?
- Do you like your partner?
- Do you feel comfortable and safe with your partner?
- Do you trust your partner?
- Do you feel you really know your partner?
- Are you glad to see your partner when she or he walks into a room?
- Do you offer love and physical affection to your partner?
- Do you receive love and physical affection from your partner?
- Do you reveal your internal emotional life to your partner and let yourself be known beneath the surface?
- Do you refrain from making your interior emotional life your partner's responsibility or fault?
- Are you honest, real, and authentic with you partner?
- Can you be a follower in the relationship as well as a leader.
- Can you follow through on your partner's requests and do it the way he or she wants it done?
- Do you join in mutuality instead of just living parallel lives?
- Do you sustain positive intention towards your partner, especially when there is a problem?
- Do you believe that your partner as positive intention toward you?
- Can you tolerate not always having to be right?
- Do you refrain from trying to get even when you are hurt?
- Do you feel seen, heard, and understood in this relationship?
- Can you get what you want from your partner on a fairly regular basis?

Remember, if you are close enough to your partner to engage in an affair of the heart, body, and soul, you need to be authentic. This also includes being present. An intimate partner always knows if you are present or not.

*Adapted from The Intimate Couple, by Jack Lee Rosenberg, Ph.D and Beverly Kitaen-Morse, Ph.D.*

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*Private counseling sessions in Los Angeles, CA and phone consultations worldwide.*