

Assessment Questionnaire: Relationship Quality



What is the strength of your primary relationship? Does it have long-term potential? How will you know whether your relationship has the strength to withstand the ultimate tests of time and stress?

The word "partner" is used to describe your boyfriend, girlfriend, husband, wife, or significant other.

These key questions help to determine the strength of your current primary relationship.

Please read each statement and record your level of agreement on the scale of 1 to 5.

1 = Completely False
2 = Mostly False
3 = Neither True or False

4 = Mostly True
5 = Completely True

1 2 3 4 5

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 not 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 not 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 not 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 not think about how much better all of my friends' relationships are.
21. My partner and I are very 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 very satisfactory level of intimacy with each other and passion for each other.
25. I do not 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 seem 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.

31. Name

32. Email

33: Tel No,

Thank you for taking the time to fill out the form - we aim to respond to your form within 2 working days