

ARE YOU SATISFIED WITH YOUR RELATIONSHIP?

This questionnaire looks at the ingredients of an ideal "strong" relationship and is designed to help you identify areas to work on. Answer the following questions and calculate your score.

Scoring

Agree 2 ■ Partly agree 1 ■ Disagree 0

- | | | | |
|---|--------------------------|---|--------------------------|
| 1 We both like doing similar things. | <input type="checkbox"/> | 12 I express both positive and negative feelings to my partner. | <input type="checkbox"/> |
| 2 I enjoy talking with my partner. | <input type="checkbox"/> | 13 I show affection to my partner. | <input type="checkbox"/> |
| 3 We can have fun and laugh together. | <input type="checkbox"/> | 14 When conflicts arise they are resolved quite quickly. | <input type="checkbox"/> |
| 4 My partner makes me feel loved. | <input type="checkbox"/> | 15 I am happy with our relationship. | <input type="checkbox"/> |
| 5 My partner talks to me about how he/she is feeling. | <input type="checkbox"/> | 16 I am committed to our relationship. | <input type="checkbox"/> |
| 6 My partner is sensitive and aware of my needs. | <input type="checkbox"/> | 17 I accept my partner and do not expect him/her to change. | <input type="checkbox"/> |
| 7 I trust my partner. | <input type="checkbox"/> | 18 It always helps to sit down and talk things through. | <input type="checkbox"/> |
| 8 Our relationship continually evolves. | <input type="checkbox"/> | 19 I think I am aware of my partner's needs and likes. | <input type="checkbox"/> |
| 9 My partner respects me and what I do. | <input type="checkbox"/> | 20 I feel emotionally close to my partner. | <input type="checkbox"/> |
| 10 After a disagreement we can "agree to disagree". | <input type="checkbox"/> | TOTAL SCORE | <input type="checkbox"/> |
| 11 We have a good sexual relationship. | <input type="checkbox"/> | | |

INTERPRETATION

Over 30 High Rating

You appear to have all the ingredients of a good, strong relationship.

18-30 Medium Rating

You appear to have many of the ingredients of a good relationship, but there is room for improvement.

Below 18 Low Rating

Your relationship appears to lack a number of vital ingredients.

Please consult *Free Yourself from Harmful Stress* by Trevor Powell in the event that you score high on any assessment, in order to begin the necessary healing steps outlined in the publication.