Relationship Survey

You will need to complete this survey in one setting, so make sure you've allowed enough time (usually 10-20 minutes) to complete it. If you quit before finishing, you'll have to start over again.

* Required

BASIC INFO

1. **What is your name (first and last)?** *

2. **Your gender:**
   Mark only one oval.
   - Female
   - Male

3. **How old are you? (enter number)** *

4. **What is your spouse/partner's name?** *

5. **How many years have you been in a relationship with your spouse/partner?** *

6. **Which statement best describes your relationship living arrangements?** *
   Mark only one oval.
   - We have never lived together.
   - We are currently living together.
   - We use to live together, but not now.
   - Other: _____

7. **Including your current relationship, how many times have you been married? (enter number)** *

INSTRUCTIONS

You are about to begin an assessment that will provide your counselor with information related to individual and relationship issues. Most answers are multiple choice and must be answered before you can proceed. In some cases, you will be asked to write out your response. These answers are also

required unless specified as optional.

Don't over-think your answers. There are no right or wrong responses. Simply give the answer that you think best represents your opinion or experience.

Thank you for your willingness to complete this assessment. Your honest feedback is an important part of the counseling process.

8. **I have read and understand the instructions.** *
   Mark only one oval.

   - Yes

COMMUNICATION

9. **My partner expresses appreciation for good things I do.** *
   Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

10. **Humor and/or fun teasing are often a part of our communication.** *
    Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

11. **I spend some time each day telling my partner about significant things in my life.** *
    Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

12. **I listen respectfully to my partner, even when I disagree.** *
    Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

13. **I usually would rather be quiet than have a lot of conversation at home.** *
    Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

14. **Most days, I encourage my partner to talk about things that are important to him/her.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

15. **I am satisfied with how my partner shares his/her feelings with me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

16. **My partner is a good listener.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

17. **What else would you like to say about COMMUNICATION in your relationship? (optional)**

_____

_____

_____

_____

_____

RELATIONSHIP BOND

18. **Even if things get hard at times, I know we will get past our differences.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

19. **My partner is the most valuable person in my life.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

20. **I feel lonely in this relationship.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

21. **I sometimes wish I was with someone else.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

22. **There is a significant wound in this relationship that has never healed.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

23. **I feel confident that my partner will stay in this relationship even if we go through hard times.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

24. **I think my partner may not be in love with me anymore.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

25. **I enjoy talking with my partner about our dreams for the future.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

26. **I sometimes think I might be in relationship with the wrong person.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

27. **I've been thinking about ending this relationship.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

28. **What else would you like to say about the bond (security, trust, commitment) in your relationship? (optional)**

_____

_____

_____

_____

_____

ROMANCE & SEX

29. **My partner frequently expresses affection for me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

30. **My partner enjoys being close to me even without sex.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

31. **It's easy for us to have fun together.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

32. **How often do the two of you go to a special event or weekend together?** *

Mark only one oval.

- Never
- Rarely
- A few times a year
- Most months
- At least once a month
- Most weeks
- At least once a week
- More than once a week

33. **There is the right amount of romance in this relationship.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

34. **It's easy for us to talk about sex.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

35. **My partner has a good understanding of my thoughts and feelings about sex.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

36. **When we have sex, I enjoy it.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

37. **My partner and I rarely touch each other.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

38. **I am sexually attracted to my partner.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

39. **My partner is sexually attracted to me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

40. **When did this relationship experience its highest level of sexual attraction/eroticism?** *

41. **What is your opinion regarding how often you currently have sex in your relationship?** *
Mark only one oval.

- ◯ I would prefer to have no sex.
- ◯ I would prefer to have less sex.
- ◯ I am satisfied with how often we have sex.
- ◯ I would prefer to have sex a little more often.
- ◯ I would prefer to have sex much more often.

42. **What else would you like to say about the ROMANCE & SEX in your relationship? (optional)**

FEELINGS

43. **I don't like talking about how I feel.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

44. **People often act emotional just to get what they want.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

45. **It's easy for me to express affection or love to my partner in ways they appreciate.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

46. **I don't feel comfortable with public displays of affection or love.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

47. **I don't like being around people who are sad.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

48. **When people are sad, they are usually too focused on feeling sorry for themselves.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

49. **Most of the time, my feelings are neutral. I don't experience very much emotion.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

50. **I am pretty good at calming myself down.** *

Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

51. **I get angry easily.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

52. **My partner gets angry easily.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

53. **What else would you like to say about FEELINGS in your life or relationship? (optional)**

_____
_____
_____
_____
_____

PROBLEM SOLVING & CONFLICT MANAGMENT

54. **I feel like an important part of our decisions.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

55. **I am usually interested in my partner's opinions about issues we face.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

56. **My partner is often critical of me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

57. **I want to leave the scene when an argument starts.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

58. **If I believe I am right, I will argue to convince my partner.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

59. **When I do something wrong, I ask my partner for forgiveness.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

60. **I usually end up making the important decisions in our relationship.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

61. **I don't like the way my partner raises an issue.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

62. **My partner's feelings are too easily hurt.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

63. **When you are in an argument with your partner, which of the following responses is most normal for you?** *
Mark only one oval.

- I shut down or leave.
- I say and do things out of anger.
- I quickly give in just to end the argument.
- I focus on reaching the solution I think is best.
- I focus on reaching a solution that will be satisfying to my partner.
- Other: _____

64. **What else would you like to say about the process of PROBLEM SOLVING or CONFLICT RESOLUTION in your relationship? (optional)**

_____
_____
_____
_____
_____

SPIRITUALITY

65. **Spiritual issues are important to me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

66. **Spiritual issues are important to my partner.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

67. **Which statement is MOST TRUE in describing the role of spirituality in your relationship?** *
Mark only one oval.

- Spirituality is a strength in our relationship.
- Spirituality causes conflict in our relationship.
- Spirituality does not really affect our relationship.

68. **What else would you like to say about SPIRITUALITY in your relationship? (optional)**

EXPECTATIONS

69. **I want a long-lasting relationship with my partner.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

70. **This counseling process feels like a last-ditch effort to save our relationship.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

71. **I believe our relationship will grow and become something more satisfying to both of us.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

72. **My partner wants to work on improving our relationship.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

FINAL COMMENTS

73. **Is there anything else you would like to say about your relationship?**

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