

## RELATIONSHIPS SELF-ASSESSMENT

*“Happy couples regarded their marriage as a work in progress that needed continued attention lest it fall into disrepair.”*

- Judith S. Wallerstein (The Good Marriage: How and Why it Lasts)

Regardless of the stage of your relationship, most problems between partners are similar in nature. The earlier the better in addressing relationship concerns.

**Please read each statement carefully. Answer "Yes" if the statement applies to you and "No" if it does not.**

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|--|-----|----|
| 1. My partner and I don't have much in common.                 | YES | NO |
| 2. We don't have enough laughter and fun in this relationship. | YES | NO |
| 3. Close friendship is lacking in this relationship.           | YES | NO |
| 4. My partner doesn't understand me.                           | YES | NO |
| 5. I am often irritable toward my partner.                     | YES | NO |
| 6. We have difficulty managing conflict effectively.           | YES | NO |
| 7. I often feel unfairly criticized by my partner.             | YES | NO |
| 8. There is not enough trust in this relationship.             | YES | NO |
| 9. We disagree about how to manage money.                      | YES | NO |
| 10. Our sexual relationship is not fulfilling.                 | YES | NO |

**Give each "Yes" 1 point (each "No" gets 0 points).**

**TOTAL SCORE:** \_\_\_\_\_

### SCORE:

- 0-2 *Your score indicates that you are able to talk with your partner in a direct manner and can share important issues. If you want to learn more about maintaining a healthy relationship, contact Workplace Solutions and visit the links below.*
- 3-5 *You have some signs of relationship distress. Even if these symptoms aren't interfering with your daily life, your relationship can benefit from improved communication and building a more secure connection. Call Workplace Solutions to speak with a counselor before these problems worsen.*
- 6-10 *You are experiencing significant signs of relationship distress. Skills for an effective relationship can be learned. Workplace Solutions can help. Contact us today.*

## HELPFUL LINKS:

- The Gottman Institute  
<http://www.gottman.com/>
- American Association for Marriage and Family Therapy  
[http://www.aamft.org/families/index\\_nm.asp#Marriage%20Prep](http://www.aamft.org/families/index_nm.asp#Marriage%20Prep)
- The Workplace Relationships File  
<http://relationships911.org/>

## RECOMMENDED READING:

- *The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships* by John Gottman (2002)
- *The Five Love Languages* by Gary Chapman (2010)
- *Getting the Love You Wants* by Harville Hendrix (2001)