

Relationship Self-Assessment

“The chance of a first marriage ending in divorce over a forty-year period is 67%. Half of all divorces will occur in the first seven years. Some studies find the divorce rate for second marriages is as much as 10% higher than for first-timers.”

The Seven Principles for Making Marriage Work by Dr. John Gottman

While not all relationships lead to marriage, most problems between partners are similar in nature. Seeking help at any stage of a relationship can be beneficial, but the earlier the better. Take this assessment and, if needed, contact your EAP for assistance in improving your relationship.

Please read each statement carefully. Answer “Yes” if the statement applies to you.

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| 1. I get mad when I don't get the attention I need. | Yes | No |
| 2. My partner usually doesn't understand me and what I'm feeling. | Yes | No |
| 3. I feel like I put more effort into our relationship than does my partner. | Yes | No |
| 4. Sometimes I get ignored when I need attention the most. | Yes | No |
| 5. I often feel my partner isn't on my side. | Yes | No |
| 6. I am often irritable toward my partner. | Yes | No |
| 7. I don't feel like my partner listens to me. | Yes | No |
| 8. My partner doesn't talk with me about things that are important to him/her. | Yes | No |
| 9. My partner seems emotionally closed off. | Yes | No |
| 10. It's hard for me to have a meaningful conversation with my partner. | Yes | No |

Scoring your self assessment

Total Score _____

Yes = 1

No = 0

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 your EAP 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 your EAP to speak with a counselor before these problems worsen.
- 6-10 You are experiencing significant signs of relationship distress. Please contact your EAP as soon as possible to speak with a counselor. You and your partner can benefit from counseling. There is help available, Contact us at 800-327-5071.

Helpful Links:

[The Gottman Institute](#)

[American Association for Marriage and Family Therapy](#)

[National Council on Family Relations](#)

[FamilyDoctor.org – Parenting & Relationships](#)

Recommended Reading

Gottman, John. (1999). [The Seven Principles for Making Marriage Work](#). Three Rivers Press.

Schnarch, David. (1998). [Passionate Marriage: Love, Sex, and Intimacy in Emotionally Committed Relationships](#). Owl Books.

Hendrix, Harville. (2001). [Getting the Love You Want](#). Owl Books.

Hendrix, Harville. (1993). [Keeping the Love You Find](#). Atria.

**For Confidential Assistance
800-327-5071
Or contact us online**