

# Relationship Assessment

Laurie Martin MA, LLP, LPC. Call 248-891-2607.

If many of your scores are in the 1-3 range, this indicates potentially serious problems in the relationship. This would be the time to consider making an appointment to discuss how my services can help your relationship. Scores that are in the 4-7 range indicate that the relationship is moderately good and could use improvement to be a truly great relationship. Scores in the 8-10 range indicate a solid and satisfying relationship.

Date \_\_\_\_\_ Names \_\_\_\_\_

Married Dating Engaged Living together (circle one) How long have you been together? \_\_\_\_\_

How long have your relationship problems existed? \_\_\_\_\_

Do you have children and what are their ages? \_\_\_\_\_

**Please rate your satisfaction with the following areas of your relationship.** Use a 1 to 10 scale with 1 indicating low satisfaction and 10 indicating high satisfaction. Add comments if desired.

## Comments

\_\_\_\_\_ Affection \_\_\_\_\_

\_\_\_\_\_ Sexual fulfillment \_\_\_\_\_

\_\_\_\_\_ Conversation \_\_\_\_\_

\_\_\_\_\_ Recreational fun \_\_\_\_\_

\_\_\_\_\_ Honesty and trust \_\_\_\_\_

\_\_\_\_\_ Financial \_\_\_\_\_

\_\_\_\_\_ Division of labor in the home \_\_\_\_\_

\_\_\_\_\_ Commitment to family \_\_\_\_\_

\_\_\_\_\_ Admiration, respect \_\_\_\_\_

\_\_\_\_\_ Time together \_\_\_\_\_

\_\_\_\_\_ Caring, show of love \_\_\_\_\_

\_\_\_\_\_ Emotional connection \_\_\_\_\_

\_\_\_\_\_ Support for pursuing individual interests \_\_\_\_\_

\_\_\_\_\_ Managing conflict \_\_\_\_\_

\_\_\_\_\_ Feeling controlled by partner \_\_\_\_\_

\_\_\_\_\_ Commitment to relationship \_\_\_\_\_

\_\_\_\_\_ Relationship with in-laws \_\_\_\_\_

\_\_\_\_\_ Cooperation with parenting \_\_\_\_\_