

The purpose of this questionnaire is to provide you an opportunity to assess your current thoughts and feelings about the quality of your relationship.

Read each question and respond honestly, **as you feel today**, rather than how you think you “should” feel. Complete the inventory on your own and use extra paper if you require.

If your partner is willing, have him/her complete this as well. If you choose to discuss your answers, use the dialogue as an opportunity to look for ways to improve your ratings so you both feel good about the enhancements. If your partner is not willing, or you choose not to discuss it, this information will provide you with a solid starting point for your coaching session. Please remember: **any improvements YOU make will show positive results in the relationship.**

Directions:

Listed below are 10 basic skills that are needed to establish a satisfying, loving relationship. Read each one carefully and then **rate yourself honestly** by circling one of the numbers.

1. Accountability

I recognize my thoughts, feelings, and opinions as my own. I show this in statements that begin with “I.” For example, “I think...,” “I feel...,” “I like...,” rather than “You should...,” “You make me feel...,” “You never give me....”

Rarely	Sometimes				Often	
1	2	3	4	5	6	7

2. Honesty

I share what I think and feel in a straightforward way, even if the result is conflict. I ask for what I want. I avoid sarcasm, teasing, lecturing, or trying to manipulate my partner. I am assertive, even if we disagree.

Rarely	Sometimes				Often	
1	2	3	4	5	6	7

3. Self Disclosure

I openly express my innermost thoughts, feelings, and fantasies. I talk about my strengths and weaknesses, even it is uncomfortable for me. I let my partner know what is really happening with me.

Rarely			Sometimes			Often
1	2	3	4	5	6	7

4. Listening

I listen carefully when my partner is talking, focussing my attention on him/her and what he/she is saying. I listen to the words and feelings. I ask for clarification to ensure I understand. I suspend my judgements. I don't interrupt.

Rarely			Sometimes			Often
1	2	3	4	5	6	7

5. Positive Regard

I show my partner respect at all times. I may not agree, but I treat him/her with care. I care about my partner and his/her priorities as much as my own.

Rarely			Sometimes			Often
1	2	3	4	5	6	7

6. Authenticity

I appreciate my partner's unique thoughts, feelings, and attitudes. I accept our differences without trying to change my partner or his/her viewpoint.

Rarely			Sometimes			Often
1	2	3	4	5	6	7

7. Support

I support my partner because I want him/her to be all he/she can be. I ask my partner questions to learn how I can best support my partner in different situations.

Rarely			Sometimes			Often
1	2	3	4	5	6	7

8. Play

I consciously and consistently create fun, excitement, spontaneity, and joy in our relationship.

Rarely			Sometimes			Often
1	2	3	4	5	6	7

9. Romance/Sexual intimacy

I honestly and openly share my feelings and desires about our level of romantic behaviour. I ask my partner for direction about how I can please him/her, and I am willing to share what arouses me.

Rarely			Sometimes			Often
1	2	3	4	5	6	7

10. Forgiveness

I easily forgive. This does not mean forgetting. It does mean accepting and learning from my past mistakes to enable me to live in the “now.” Forgiveness is about letting-go of the past and moving forward. And ultimately, forgiveness is only about forgiving myself.

Rarely			Sometimes			Often
1	2	3	4	5	6	7

Add your ratings for a grand total: _____

List any insights, thoughts, feelings, or “best steps” you have identified. What are you going to do differently TODAY!

*****Be sure to go to the next page for a summary of your ratings.**

If your score is:

- 10 – 20** Major changes need to be made. Your relationship is in a very difficult place and **trust** (the most critical component in a relationship) is waning. Individual coaching or counselling are great options for you. In fact, coaching or counselling may be required for you to find ways to create happiness and success in your life. If this relationship ends, it will be challenging for you to develop a loving, caring, respectful relationship without assistance.
- 21 – 50** You may experience many challenges, however on-going support through coaching, seminars, retreats, or personal development programs (books and/or courses) will greatly enhance the quality of your relationship and increase your level of satisfaction and contentment. Small consistent changes will yield great results for you over time. Your partner and others may not understand or support you in these improvements because you're not who you used to be. Patience, persistence, and hope are critical. It will be worth it.
- 51 – 60** Your relationship may seem "OK", but there are still inconveniences and disruptions to your happiness and joy. Don't be satisfied with "normal" because there are much greater experiences in store for you – if you want them. Be watchful for signs of discontent in yourself and from your partner. Talk about them immediately, with honesty, integrity, and a desire to improve. Shorter term coaching or couples retreats will give you the required tools to really rock!
- 61 – 70** **Congratulations! You are on a Relationship Mastery quest.** You may be able to keep your relationship escalating on your own. Develop strategies to keep moving forward as a couple. Experience the power and potential you possess as you work/play together synergistically. Consider a couples seminar or retreat on a regular basis and search for other couples on a similar path. They may be hard to find, but keep a watchful eye and look for ways to connect, share ideas, and have fun together.