

## Quick Relationship Self -Test

(please note that this will give a general indication of your relationship health and does not replace a comprehensive assessment by a professional)

Read each statement and answer the following statements about the quality of your relationship in general. Use the following guidelines to help you choose the most suitable response:

**A lot** = most of the time with few exceptions, has become a pattern

**Sometimes** = may happen from time to time but is not typical

**Never** = does not happen at all

<b>General Relationship Statements</b>		<b>A lot = 2</b>	<b>Sometimes = 1</b>	<b>Never = 0</b>
1	My partner/spouse and I have problems communicating our needs			
2	We often say things we regret when we have a disagreement			
3	One or both of us feel lonely and isolated in our relationship			
4	Attempts to talk about our problems just end up in arguments			
5	We seem to have lost closeness and connection			
6	We avoid spending time with each other			
7	I feel a sense of despair and sadness about our future together			
8	I frequently think negative thoughts about my partner			
9	Arguments often include blaming, insults, criticism or sarcasm			
10	There does not seem to be equal give or take in our relationship			
11	There is a lack of physical affection and sexual intimacy in our relationship			
12	Our relationship has become boring and dull			
13	The main reason we are staying together is for our children			
14	I often feel ignored or unappreciated by my partner			
15	One of us will withdraw and go "silent" when there is an argument			
16	I do not think I can trust my partner to be there for me			
17	My partner sometimes yells, calls me names or becomes physically aggressive during arguments			
18	One of us often feels a high level of distress when we have an argument			
19	I feel resentment, frustration or anger about the state of our relationship			
20	There is an issue with respect in our relationship			
<b>Column Scores</b>				
<b>Total Score</b>				

### Scoring:

Add up all the YES answers.

**0 – 7** = Relationship is generally good, specific areas may need a little more attention.

**8 – 10** = Relationship is showing signs of stress and will benefit from some work.

**10 – 20** = Relationship has become distressed and unhealthy, urgent attention is necessary.

NB: If you answered **A Lot** or **Sometimes** to Question 17 then it is important to talk to someone you trust without delay.

Please note that this self-test is a general guide only