This worksheet can evaluate many kinds of relationships including a romantic relationship, friendship, or family relationship.

*Think of a relationship (past or present) that is important to you. Use the worksheet to evaluate that relationship*.

*Answer each question by circling yes or no.*

|  |  |
| --- | --- |
| 1. Do you feel that the other person in this relationship does not understand you? | YES / NO |
| 1. Are you able to speak freely to him or her about things that bother you? | **YES / NO** |
| 1. Do you take a genuine interest in each other’s lives? | **YES / NO** |
| 1. Do both of you pursue individual interests? | **YES / NO** |
| 1. Is this relationship the only important relationship in your life? | **YES / NO** |
| 1. Do you believe that you are a worthwhile person outside of this relationship? | **YES / NO** |
| 1. Do you expect this person to meet all of your emotional or physical needs? | **YES / NO** |
| 1. Is your relationship often threatened by others? | **YES / NO** |
| 1. Can you be yourself in this relationship? | **YES / NO** |
| 1. Are you uncomfortable sharing your feelings with this person? | **YES / NO** |
| 1. Do you both work to improve the relationship? | **YES / NO** |
| 1. Do you feel good about yourself? | **YES / NO** |
| 1. Do you feel you have become a better person because of this relationship? | **YES / NO** |
| 1. Can you both accept changes in roles and feelings within the relationship? | **YES / NO** |

**Score your answers** by giving one point for a “yes*”* response to questions 2, 3, 4, 6, 9, 11, 12, 13 and 14. Give one point for each “no” response to questions 1, 5, 7, 8 and 10.

This is what the scores mean:

1. 1-3: There are few positive things about this relationship. Think about why you are staying in the relationship, or work toward improving it.
2. 4-6: This relationship has problems that might be resolved by working on honesty and communication.
3. 7-10: There is a basis for a good relationship. Focus on the positive things and work on improving the negative ones.
4. 10-14: You're doing well and have what it takes to build a successful and satisfying relationship.

*Discuss or write down what you learned about your relationship.*

* The strengths of this relationship are:
* The weaknesses of this relationship are:
* I am most proud of the way we have:
* I could improve this relationship by:

Adapted from *Entering Adulthood: Living in Relationships,* Hubbard, Network Publications, 1990 and from 1-14-2005 lesson plan (author not listed) from [www.inside.sfuhs.org/blog/.../20060207-Healthy%20Rel.%20Lesson.doc](http://www.inside.sfuhs.org/blog/.../20060207-Healthy%20Rel.%20Lesson.doc)