

## Relationship Questionnaire Where We Are At Now

**Most people have disagreements in their relationships. Please indicate how much agreement or disagreement you have with your partner about the following topics:**

	Always Disagree	Almost Always Disagree	Frequently Disagree	Occa- sionally Disagree	Almost Always Agree	Always Agree
1. Financial matters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. How to spend free time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Religious matters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Demonstrations of affection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Sexual relations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Proper and improper behavior	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Philosophy of life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Ways of dealing with parents or in-laws	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Aims, goals, and things believed important	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. How much time to spend together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Making major decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Household tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. How to raise children (if have children)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**How often do:**

	All the time	Much of the time	Occa- sionally	Rarely	Never
1. You or your partner leave the house after a fight	<input type="checkbox"/>				
2. You think things between you and your partner are going well	<input type="checkbox"/>				
3. You confide in your partner	<input type="checkbox"/>				
4. You consider separating, ending your relationship, or divorcing	<input type="checkbox"/>				
5. You and your partner argue	<input type="checkbox"/>				
6. Fights between you and you partner get physical (like pushing, shoving, hitting)	<input type="checkbox"/>				
7. You and your partner laugh together	<input type="checkbox"/>				
8. You and your partner "get on each others nerves"	<input type="checkbox"/>				
9. You and your partner both feel like having sex	<input type="checkbox"/>				
9. You express other physical affection with each other (like kissing, hugging)	<input type="checkbox"/>				
10. You enjoy leisure time together	<input type="checkbox"/>				
11. You wish you were not together	<input type="checkbox"/>				

*Adapted by Shana Millstein, Ph.D. from the Dyadic Adjustment Scale by Dr. Graham Spanier.*

Please answer these questions using a scale from 0-10

0= Strongly Disagree 10= Strongly Agree

<b>ACCESSIBILITY - How accessible your partner is to you</b>	
1. I can get my partner's attention easily	
2. My partner is easy to connect with emotionally	
3. My partner shows me that I come first with him/her	
4. I 'm not feeling shut out or lonely in this relationship	
5. I can share my deepest feelings with my partner	
<i>Total for Accessibility</i>	

<b>RESPONSIVENESS - How responsive your partner is to you</b>	
1. If I need connection and comfort, my partner will be there for me	
2. My partner responds to my signals that I need him/her to come close	
3. I can lean on my partner when I am anxious or unsure	
4. If I need assurance about how important I am to my partner, I can get it	
5. Even when we fight or disagree, I know I am important to my partner and we will find a way to come together	
<i>Total for Responsiveness</i>	

<b>ENGAGEMENT - How emotionally engaged you and your partner are with each other</b>	
1. I feel comfortable being close to and trusting my partner	
2. I can confide in my partner about almost anything	
3. I feel confident, even when we are apart, that we are connected to each other	
4. I know that my partner cares about my joys, hurts, and fears	
5. I feel safe enough to take emotional risks with my partner	
<i>Total for Engagement</i>	

Adapted by Shana Millstein, Ph.D. from "Hold Me Tight" by Dr. Sue Johnson.

**Which of the following statements best describes how you feel about the future of your relationship?**

- I want desperately for my relationship to succeed, and *would go to almost any length* to see that it does.
- I want very much for my relationship to succeed, and *will do all I can* to see that it does.
- I want very much for my relationship to succeed, and *will do my fair share* to see that it does.
- It would be nice if my relationship succeeded, but *I can't do much more than I am doing now* to help it succeed.
- It would be nice if it succeeded, but I *refuse to do any more than I am doing now* to keep the relationship going.
- My relationship can never succeed, and *there is no more that I can do* to keep the relationship going.