

Evaluating Relationships Worksheet

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**
2. Are you able to speak freely to him or her about things that bother you? **YES / NO**
3. Do you take a genuine interest in each other's lives? **YES / NO**
4. Do both of you pursue individual interests? **YES / NO**
5. Is this relationship the only important relationship in your life? **YES / NO**
6. Do you believe that you are a worthwhile person outside of this relationship? **YES / NO**
7. Do you expect this person to meet all of your emotional or physical needs? **YES / NO**
8. Is your relationship often threatened by others? **YES / NO**
9. Can you be yourself in this relationship? **YES / NO**
10. Are you uncomfortable sharing your feelings with this person? **YES / NO**
11. Do you both work to improve the relationship? **YES / NO**
12. Do you feel good about yourself? **YES / NO**
13. Do you feel you have become a better person because of this relationship? **YES / NO**
14. 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.

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This is what the scores mean:

- 1-3: There are few positive things about this relationship. Think about why you are staying in the relationship, or work toward improving it.
- 4-6: This relationship has problems that might be resolved by working on honesty and communication.
- 7-10: There is a basis for a good relationship. Focus on the positive things and work on improving the negative ones.
- 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