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