



## How Healthy is Your Relationship?

To determine the health of your relationship, consider the answers to the following questions (circle your answers) :

1. My partner and I understand each other's needs and desires.

*yes          no          unsure*

2. My partner and I argue.

*never          sometimes          often          all the time*

3. I find it difficult to express my opinions when my partner doesn't share them.

*never          sometimes          often          all the time*

4. When presented with a problem, we are able to come to a mutual agreement that satisfies us both.

*never          sometimes          often          all the time*

5. I feel respected & appreciated in my relationship.

*never          sometimes          often          all the time*

6. My partner and I take time for one another.

*never          sometimes          often          all the time*

7. My partner is open and honest with me.

*never          sometimes          often          all the time*

8. My relationship needs help.

*yes          no          unsure*

NOTE: This questionnaire is provided for informational purposes only and is not intended to replace a professional assessment. If you find that you are unsure about the health of your relationship you should seek to make positive changes before it begins to affect the rest of your mental and physical well being. If you find that your mental, emotional or physical health is being affected by your relationships you should seek professional guidance. Relationships affect every other part of our lives and their affect should not be taken lightly.