

Relationship Assessment Questionnaire

This questionnaire is directly related to the content of my book, *Expanding into Love, A Handbook for Radical Living*, but is, at the same time, a stand-alone tool that you can use to assess your relationship as a prelude to having discussions with your partner about what you both might need to do to improve the relationship or let it go. Ideally, your partner should do this exercise concurrently, but without conferring until both of you have completed it and you have set time aside to go over each of your worksheets. If your partner is unwilling or is already not with you, and you are doing this in retrospect, then you will have to rely on your own assessment of how your partner might have answered.

1. Evaluate how much romantic love (Eros) was there at the beginning of the relationship and how much is there now, both for you and your partner. Put a number between 1 -100 by each of the following.

1.1. How I Feel (Romantically) About My Partner

On a scale of 1 - 100, where 1 = loathing and 100 = Totally Besotted

My love for my partner in the beginning or at the height of our relationship was around _____

At the lowest point in our relationship it would have measured approximately _____

At this moment in time, it is around _____

1.2. How I Think My Partner Feels (Romantically) About Me

On a scale of 1 - 100, where 1 = loathing and 100 = Totally Besotted

I think his/her love for me in the beginning, or at the height of our relationship was _____ .

At the lowest point in our relationship, it felt like it was _____

At this moment in time, I feel it might be around _____

Now repeat the exercise, but this time, score both relative to how much storgic love is present in this relationship.

[Let me remind you of the nature of ‘storge’ love. This is one of four kinds of love as defined by the Greeks: Agape, Eros, Philia and Storge. Storge love is as much a friendship built out of a sense of familiarity as anything else. Eros love can develop out of that friendship, but the converse is also true in that Storge love can grow as Eros wanes. It is sometimes referred to as brotherly/sisterly love. The storgic relationship has intimacy, understanding and friendship but might be lacking in passion. You may begin to have a feeling that the relationship is stuck and not really going anywhere.]

1.3. How I Feel (Storgically) About My Partner

On a scale of 1 - 100, where 1 = loathing and 100 = Passionately engaged

My love for my partner in the beginning, or at the height of our relationship was around _____

At the least friendly, most boring point in our relationship, it would have measured approximately _____

At this moment in time, it is around _____

1.4. How I Think My Partner Feels (Storgically) About Me

On a scale of 1 - 100, where 1 = loathing and 100 = Passionately engaged

I think your love for me in the beginning, or at the height of our relationship was _____ .

At the least friendly, most boring point in our relationship it felt like it was _____

At this moment in time, I feel it might be around _____

2. Based on what you have learned so far by doing this analysis, write a short description of your relationship as you see it right now. If you are feeling less than good about the relationship, specify the way in which it is not working for you. Try to be as analytical as you can and as honest as you dare be. If your partner is doing this too, have him or her do the same. Here is a list from which to select the words that might be descriptive:

Stable; Merely functional; Passionate; Enduring; Dull; Safe; Wonderful; Like Roommates; Sexually active; Sexually boring; Sexually exciting; No Sex; Friends; Partners; Challenging; Spiritual; Trapped; Loving; Respectful; Caring.

3. Dissatisfaction Level:

3.1. On a scale of 1 - 100, (as percentage), how dissatisfied do you feel with your relationship, at this time. *1 = Completely satisfied; 100 = Totally dissatisfied.* _____

3.2. On a scale of 1 - 100, (as percentage), how dissatisfied do you think your partner might be with the relationship at this time. *1 = Completely satisfied; 100 = Totally dissatisfied.* _____

4. Reviewing

Having completed the above analysis, it is helpful to look back and ask yourself, why did I start this relationship? What were my thoughts at the time? What expectations did I have? How did I evaluate the chances of it succeeding? Did I actually choose this? Look at the following statements and check which ones might have applied to you at the time you committed yourself to the relationship. Add some your own as well. See if you can spot which ones relate more to Eros and which are more storgic. Then look back at those graphs to see it you went true to form on each kind of love.

4.1. My Thoughts About Committing to Be in Relationship With Him/Her Were:

- ☐ I could never imagine life without him/her.
- ☐ I was madly in love with him/her.
- ☐ I think I was love with him/her although there was still a doubt in my mind.
- ☐ I had doubts, but I thought if I loved him/her enough, he/she would change and become the person I wanted him/her to be.
- ☐ I was very fond of him/her, felt he/she would make a good spouse and we would be happy.
- ☐ I was not sure if I was in love with him/her really, but I was content to be with him/her forever.
- ☐ I saw him/her more as a friend or someone who would take care of me and attend to my needs.
- ☐ I was not really in love with him/her, but I liked him/her well enough and was willing to go through with the marriage just to avoid upsetting him/her and the families.
- ☐ I did not love him/her at all but felt pressured into marrying him/her.
- ☐ I hated him/her but I had no choice.
- ☐ Others: _____.

What thoughts do you have about the relationship now? Check the ones that apply to you and, again, add more of your own.

4.2. My Thoughts and Feelings About the Relationship Now Are:

- ☐ I am still totally besotted and in love with him/her.
- ☐ I am still very much in love with him/her and want to be with him/her.
- ☐ We have so much that is good on which to build a better relationship.
- ☐ Even though I am not IN love with him/her any more I still love him/her.
- ☐ I am not sure I can live with him/her much longer.
- ☐ I feel my doubts have magnified and I feel very doubtful that we can make it.
- ☐ I am still fond of my partner, but I am not always happy being with him/her.
- ☐ I would like to leave, but I feel it to be not an option. I am stuck.
- ☐ I am bored with this relationship and cannot see it changing for the better.
- ☐ There's too much negativity in our relationship to bear.
- ☐ The relationship is over - I want out.
- ☐ Other _____

5. Expectations, Judgments, Demands and Needs

Most relationship problems arise when expectations or demands on the relationship are not met. Most of them are never articulated and are simply assumed. They arise out of one's own needs and if not fulfilled can cause dissatisfaction or determine the quality of the relationship. So, look at the expectations you might have had at the beginning and might still be operating even today.

5.1. I admit that I brought to the relationship the following expectations, judgments, needs and demands I wanted my partner to fulfill. These were:

I expected him/her to love me no matter what.

☐ Then ☐ Now

I always assumed we would have children together.

☐ Then ☐ Now

I assumed I would be the priority in his/her life.

☐ Then ☐ Now

I expected him/her to be accepting of my ways.

☐ Then ☐ Now

I judged him/her to be not OK the way he/she was.

☐ Then ☐ Now

I needed him/her to change.

☐ Then ☐ Now

I expected him/her to be faithful to me.

☐ Then ☐ Now

I demanded he/she fulfill all my needs.

☐ Then ☐ Now

I demanded that he/she put up with my Mother always calling me.

☐ Then ☐ Now

I assumed he/she would like the same things I do.

☐ Then ☐ Now

Others: _____.

☐ Then ☐ Now

6. What Values Are Important to You?

If you and your partner operate within the relationship with a different set of values then this can cause problems. Not that they necessarily need to be identical, but at least both should know what they are and honor the value system of the other. If they are too far apart then the relationship is probably not going to work.

6.1. Of the following values, which are, for you, the most valued in a relationship? Put a number by each one you check to indicate their order of importance.

<input type="checkbox"/> Loyalty _____	<input type="checkbox"/> honesty _____	<input type="checkbox"/> fidelity _____
<input type="checkbox"/> trust _____	<input type="checkbox"/> humor _____	<input type="checkbox"/> humility _____
<input type="checkbox"/> tolerance _____	<input type="checkbox"/> spirituality _____	<input type="checkbox"/> sensitivity _____
<input type="checkbox"/> caring _____	<input type="checkbox"/> self-reliance _____	<input type="checkbox"/> strength _____
<input type="checkbox"/> integrity _____	<input type="checkbox"/> drive _____	<input type="checkbox"/> passion _____
<input type="checkbox"/> generosity _____	<input type="checkbox"/> kindness _____	<input type="checkbox"/> control _____
<input type="checkbox"/> Other _____		

6.2. Of the following values, which are, for your partner, the most valued in a relationship? Put a number by each one you check to indicate their order of importance.

<input type="checkbox"/> Loyalty _____	<input type="checkbox"/> honesty _____	<input type="checkbox"/> fidelity _____
<input type="checkbox"/> trust _____	<input type="checkbox"/> humor _____	<input type="checkbox"/> humility _____
<input type="checkbox"/> tolerance _____	<input type="checkbox"/> spirituality _____	<input type="checkbox"/> sensitivity _____
<input type="checkbox"/> caring _____	<input type="checkbox"/> self-reliance _____	<input type="checkbox"/> strength _____
<input type="checkbox"/> integrity _____	<input type="checkbox"/> drive _____	<input type="checkbox"/> passion _____
<input type="checkbox"/> generosity _____	<input type="checkbox"/> kindness _____	<input type="checkbox"/> control _____
<input type="checkbox"/> Other _____		

6.3. To what extent are you and your partner in alignment in your values? _____%

6.4. To what degree do you feel your partner supports and honors your values? _____%

6.5. To what degree do you feel you support and honor your partner's values? _____%

6.6. In the past, has your behavior been out of alignment with your values? **YES/NO.** If Yes, explain how.

6.7. In the past, has your partner's behavior been out of alignment with his values? **YES/NO.** If Yes, explain how.

7. Other Issues I Need to Discuss With My Partner:

8. Date and Time Set for the Discussion:

Date: _____ Time: _____ Place: _____