

Relationship Questionnaire

Circle all that apply.

Qualities that Promote Connection

1. You accept each other's friends and understand the importance of spending time with them.
2. You have common beliefs and values.
3. You can talk about your relationship with each other.
4. You share and alternate decision-making power.
5. You treat each other well no matter where or who you are with.
6. You are supportive and encouraging.
7. You feel happy for each other when good things happen to the other person.
8. You trust each other.
9. You welcome and expect the other person to change and grow.
10. You feel safe (can include sexually).
11. You make important decisions about your relationship together.
12. The relationship feels good to you most of the time.
13. You feel proud to be in this relationship.

Qualities that Challenge Connection

1. You keep tabs on each other's whereabouts.
2. You don't let them have other friends or friends of a certain kind (or vice-versa).
3. You secretly look at their messages and texts (or vice-versa).
4. You use putdowns to purposely hurt each other.
5. You feel isolated.
6. You feel worse and worse about yourself.
7. You talk behind each other's backs.
8. You feel pressured (can include sexually).
9. You worry constantly about upsetting the other.
10. You have hit or physically hurt each other (or threaten to).
11. You try to control each other.
12. You have tried to end the relationship but they will not let you (or vice-versa).

Person:

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of qualities that promote
connection:

.....
of qualities that challenge
connection:
