

# Relationship Health Assessment

## *A 5 minute relationship checklist*

Graham and Lisa Stevenson are a team with over 20 years' experience working in the area of sexuality and relationships. They also draw from more than 40 years of working it out together in their own relationship.

<b>Question</b>	<b>How to score</b>	<b>Score</b>
1) Our life dreams and goals are similar or compatible.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
2) We know each other's top three values in life.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
3) We value and celebrate each other's accomplishments.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
4) We enjoy discussing things with each other.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
5) We can talk about difficult things together.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
6) We are interested in hearing each other's views.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
7) We are able to listen until each one feels heard.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
8) We can tell the truth to each other.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	

9) We value each other's different perspectives.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
10) We know how to communicate without having a personal agenda.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
11) We are able to speak to each other about our worries and major stresses.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
12) We understand why we argue a lot of the time.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
13) We notice when we are irritable and can contain it before it escalates.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
14) We can let some things go without taking them personally.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
15) If things get heated, we can usually calm ourselves down.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
16) We usually try to repair our conflicts within 2-3 hours.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
17) We are able to be honest about difficult issues without feeling shamed.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
18) We can usually admit when we are wrong.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	

19) Even when things are tough, we both feel confident that we can resolve our issues together.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
20) We hug or touch each other spontaneously most days.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
21) We compliment each other, or say thank you for something, most days.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
22) We know how to say, 'I love you' in different ways, and mean it, most days.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
23) We plan for 'couple' time for ourselves at least once a week.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
24) We are able to talk about sex openly and honestly.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
25) We both feel satisfied with our sexual relationship.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
26) We are able to share our sexual fears and fantasies with each other.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
27) We have tried something new sexually in the last year.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
28) We both agree on the work/life balance of our lives.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	

29) We both agree on our separate roles in the family's daily life.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	
30) We make all our big decisions together.	Strongly agree - 4 Agree - 3 Disagree - 2 Strongly disagree - 1	

<b>Total Score</b>	<b>What it means</b>
100-120	<p><b>Congratulations - you are a top scoring team working well together</b></p> <p>You are clearly self-reflective and intentional about your relationship. You understand that relationship is a creative process that never stops. Keep prioritizing!</p> <p><i>'We are what we repeatedly do. Excellence, then, is not an act but a habit.'</i> <i>Aristotle</i></p>
85-99	<p><b>Well done - you have many strengths and all the makings of a winning team</b></p> <p>Intimate relationships are the hardest thing we ever do so don't be discouraged. Remember that change starts with ourselves. There are some obvious areas where you are not reaching your potential.</p> <p><i>"Coming together is a beginning, staying together is progress, and working together is success."</i> Henry Ford</p>
60-84	<p><b>Well done - you have lots of potential alongside your current strengths but you are probably now aware of several areas that need looking at</b></p> <p>So long as you have hope and commitment, YOU can positively affect</p>

your own relationship even if it feels difficult right now.

*"You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins." Jim Stovall*

**30-59**

**Well done – you obviously want to make some changes and would really benefit from some support right now**

We believe deeply that if there is commitment and a desire for success then any relationship can be turned into something beautiful and nourishing. It's not the end until you say so.

*"Teamwork begins by building trust. And the only way to do that is to overcome our need for invulnerability." Patrick Lencioni*

*'I hated every minute of training, but I said, Don't quit. Suffer now and live the rest of your life as a champion.' Muhammad Ali*

### **3 Simple changes you can make right away..**

- 1) Notice where and why you react. What is the emotion that most often drives your reaction? Start by accepting yourself for feeling it. Disarming our inner critic enables us to drop our defenses.
- 2) Blaming another keeps us trapped in an old story – stifling new opportunities. What is TODAY'S story? What are TODAY'S possibilities?
- 3) Notice any common patterns in your relationships. Are you more afraid of being alone or of being too close? Reflect on why.

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