

Name: _____ Date: _____

Relationship Assessment

All relationships require communication.

As a general rule, the better the communication, the better the relationship.

Think of a relationship you have that is important to you.

It can be a romantic relationship, a friendship, or a family relationship.

Read each statement and respond to it with a **yes** or a **no**.

The other person in the relationship understands me.	_____
I can talk to the other person about my problems.	_____
We are genuinely interested in each other's lives.	_____
We each pursue our own interests.	_____
We both have other important relationships.	_____
I can be myself in this relationship.	_____
I am comfortable sharing my feelings.	_____
We both work to make the relationship better.	_____
I feel good about myself in this relationship.	_____
This relationship makes me a better person.	_____
We can both accept changes in roles and feelings.	_____