



Relationship Health Profile Test

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Relationship Health Profile Test

Circle either True or False for each item.

- | | |
|---|--|
| 1. I am satisfied with my sex life. | <input type="radio"/> True <input type="radio"/> False |
| 2. My partner doesn't really listen to me. | <input type="radio"/> True <input type="radio"/> False |
| 3. I trust my partner. | <input type="radio"/> True <input type="radio"/> False |
| 4. I feel picked on and put down. | <input type="radio"/> True <input type="radio"/> False |
| 5. I feel hopeful about our future. | <input type="radio"/> True <input type="radio"/> False |
| 6. It is not easy to share my feelings. | <input type="radio"/> True <input type="radio"/> False |
| 7. My partner often says, "I love you." | <input type="radio"/> True <input type="radio"/> False |
| 8. Sometimes I feel rage. | <input type="radio"/> True <input type="radio"/> False |
| 9. I feel appreciated. | <input type="radio"/> True <input type="radio"/> False |
| 10. I am out of control. | <input type="radio"/> True <input type="radio"/> False |
| 11. My partner is there for me in hard times. | <input type="radio"/> True <input type="radio"/> False |
| 12. My partner is harsh in his or her criticism. | <input type="radio"/> True <input type="radio"/> False |
| 13. My partner understands me. | <input type="radio"/> True <input type="radio"/> False |
| 14. I fear my partner is bored. | <input type="radio"/> True <input type="radio"/> False |
| 15. My partner doesn't like to share what's on his or her mind. | <input type="radio"/> True <input type="radio"/> False |
| 16. I imagine myself divorced. | <input type="radio"/> True <input type="radio"/> False |
| 17. My relationship is what I always dreamed of. | <input type="radio"/> True <input type="radio"/> False |
| 18. I know I am right. | <input type="radio"/> True <input type="radio"/> False |
| 19. My partner treats me with dignity and respect. | <input type="radio"/> True <input type="radio"/> False |
| 20. My partner is a taker. | <input type="radio"/> True <input type="radio"/> False |
| 21. We often do fun things together. | <input type="radio"/> True <input type="radio"/> False |
| 22. Sometimes I just want to hurt my partner. | <input type="radio"/> True <input type="radio"/> False |
| 23. I feel loved. | <input type="radio"/> True <input type="radio"/> False |
| 24. I would rather lie than deal with a problem. | <input type="radio"/> True <input type="radio"/> False |
| 25. We still have a lot of passion in our relationship. | <input type="radio"/> True <input type="radio"/> False |
| 26. I am trapped with no escape. | <input type="radio"/> True <input type="radio"/> False |
| 27. My partner thinks I am fun to be with. | <input type="radio"/> True <input type="radio"/> False |
| 28. Our relationship has gotten boring. | <input type="radio"/> True <input type="radio"/> False |
| 29. We enjoy going out on dates alone. | <input type="radio"/> True <input type="radio"/> False |
| 30. My partner is ashamed of me. | <input type="radio"/> True <input type="radio"/> False |
| 31. We trust each other a great deal. | <input type="radio"/> True <input type="radio"/> False |
| 32. We have become nothing more than roommates. | <input type="radio"/> True <input type="radio"/> False |
| 33. I know my partner will never leave me. | <input type="radio"/> True <input type="radio"/> False |
| 34. I am no longer proud of my body. | <input type="radio"/> True <input type="radio"/> False |
| 35. My partner respects me. | <input type="radio"/> True <input type="radio"/> False |
| 36. My partner constantly compares me to others. | <input type="radio"/> True <input type="radio"/> False |
| 37. My partner still finds me desirable. | <input type="radio"/> True <input type="radio"/> False |
| 38. We just seem to want different things. | <input type="radio"/> True <input type="radio"/> False |
| 39. I am allowed to think for myself. | <input type="radio"/> True <input type="radio"/> False |

40. I feel crowded by my partner. True False
41. I am honest with my partner. True False
42. People have no idea what our relationship is really like. True False
43. My partner is open to suggestions. True False
44. My partner has shut me out. True False
45. My partner is my primary source of emotional support. True False
46. I feel judged and rejected by my partner. True False
47. My partner cares if I am upset or sad. True False
48. My partner treats me like a child. True False
49. My partner puts our relationship ahead of all others. True False
50. I never satisfy my partner. True False
51. My partner wants to hear my stories. True False
52. I chose my partner for the wrong reasons. True False
53. I look forward to our time together. True False
54. My partner thinks I am boring in bed. True False
55. My partner is lucky to have me. True False
56. My partner treats me like an employee. True False
57. I win my share of disputes. True False
58. I envy my friends' relationships. True False
59. My partner would protect me if necessary. True False
60. I am suspicious of my partner. True False
61. I feel needed by my partner. True False
62. My partner is jealous of me. True False

Scoring

Now go back over your test and count all of the even-numbered questions to which you answered True. Write down the total. Now go back and count all of the odd-numbered items to which you answered False. Add that number to your "True total" to get your overall score.

Even numbered "True" responses _____

Odd-numbered "False" responses _____

Overall Total _____

This test is designed to give you a quick snapshot of the health of your relationship.

If your overall score is **above 32**, it is likely that your relationship is in extreme danger of failing.

If your total score is **between 20 and 32**, then your relationship is seriously troubled and you may be living an "emotional divorce."

If your total score is **between 12 and 19**, then your relationship is probably about average (which is not great) and certainly needs work.

If your score is **below 11**, then your relationship is well above the norm and may have isolated areas in which you can improve.