



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 |

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