



### God Relationship Health Profile Test Adapted for LEL

Circle either True or False for each item.

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|--|----------------------------|-----------------------------|
| 1. I am satisfied with my prayer life.                   | <input type="radio"/> True | <input type="radio"/> False |
| 2. God doesn't really listen to me.                      | <input type="radio"/> True | <input type="radio"/> False |
| 3. I trust God.  | <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 relationship.         | <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. God 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. God is there for me in hard times.                   | <input type="radio"/> True | <input type="radio"/> False |
| 12. God is harsh in his or her criticism.                | <input type="radio"/> True | <input type="radio"/> False |
| 13. God understands me.                                  | <input type="radio"/> True | <input type="radio"/> False |
| 14. I fear God is bored.                                 | <input type="radio"/> True | <input type="radio"/> False |
| 15. God doesn't like to share what's on his or her mind. | <input type="radio"/> True | <input type="radio"/> False |
| 16. I imagine myself separated or divorced from God.     | <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. God treats me with dignity and respect.              | <input type="radio"/> True | <input type="radio"/> False |
| 20. God 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 God.                   | <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 love 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. God 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 being alone.                                | <input type="radio"/> True | <input type="radio"/> False |
| 30. God 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 acquaintances.      | <input type="radio"/> True | <input type="radio"/> False |
| 33. I know God will never leave me.                      | <input type="radio"/> True | <input type="radio"/> False |
| 34. I am no longer proud of my prayer life.              | <input type="radio"/> True | <input type="radio"/> False |
| 35. God respects me.                                     | <input type="radio"/> True | <input type="radio"/> False |
| 36. God constantly compares me to others.                | <input type="radio"/> True | <input type="radio"/> False |
| 37. God still wants to be with me.                       | <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 God.                               | <input type="radio"/> True | <input type="radio"/> False |

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|---|----------------------------|-----------------------------|
| 41. I am honest with God.   | <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. God is open to my suggestions.                                | <input type="radio"/> True | <input type="radio"/> False |
| 44. God has shut me out.  | <input type="radio"/> True | <input type="radio"/> False |
| 45. God is my primary source of emotional support.                | <input type="radio"/> True | <input type="radio"/> False |
| 46. I feel judged and rejected by God.                            | <input type="radio"/> True | <input type="radio"/> False |
| 47. God cares if I am upset or sad.                               | <input type="radio"/> True | <input type="radio"/> False |
| 48. God treats me like a child.                                   | <input type="radio"/> True | <input type="radio"/> False |
| 49. God puts our relationship ahead of all others.                | <input type="radio"/> True | <input type="radio"/> False |
| 50. I never satisfy God.  | <input type="radio"/> True | <input type="radio"/> False |
| 51. God wants to hear my stories.                                 | <input type="radio"/> True | <input type="radio"/> False |
| 52. I chose to be in relationship with God 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. God thinks I am boring when in prayer.                        | <input type="radio"/> True | <input type="radio"/> False |
| 55. God is lucky to have me.                                      | <input type="radio"/> True | <input type="radio"/> False |
| 56. God 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. God would protect me if necessary.                            | <input type="radio"/> True | <input type="radio"/> False |
| 60. I am suspicious of God.                                       | <input type="radio"/> True | <input type="radio"/> False |
| 61. I feel needed by God.   | <input type="radio"/> True | <input type="radio"/> False |
| 62. God 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.