

MY MARRIAGE/RELATIONSHIP

("Where am I now in my relationship?")



This exercise is specifically for those who are struggling in their marriage or relationship. It is designed to stimulate your thinking and feelings about "where you are" in your primary relationship and also to identify some of the problem areas about which you are struggling. Our most intimate relationships are the source of many of our most negative emotions and behaviors. The more that you can be honest about how you really feel, the greater will be the opportunity to work through the emotions that are keeping you disconnected.

Begin with the questionnaire below which is designed to stimulate your thinking and feelings about "where you are" in your relationship. Take some time to reflect on your thoughts, feelings, wants and needs and complete each sentence below with an honest and spontaneous completion of the sentence.

The next questionnaire will give you a general measure of the overall health of your relationship. Complete each True or False item and then total up your responses to give you a score.

Then, in the elipse below ("Marriage/Relationship Problem Areas") check off the problem areas where you are struggling the most and then write a few words in the area that describes the essence or core element of the problem. Then, color or highlight the areas that are the most important or problematic from your own point of view.

Lastly, complete the 2 questionnaires regarding how you perceive your partner and his or her behavior in the relationship as well as your self-perceptions of your own behavior.

Where am I in my Relationship?

1. I tend to deny_____
2. I am happiest when_____
3. Sometimes I _____
4. What makes me angry is_____
5. I wish_____
6. I hate it when_____
7. When I get angry I_____
8. I would give anything if my partner would_____
9. Sometimes_____
10. I would be more lovable if_____
11. My mother and father_____
12. If only I had_____
13. My best quality is_____
14. Sometimes at night_____
15. When I was a child_____
16. My worst trait is_____
17. My life really changed when_____
18. If my relationship ends it will be because_____
19. My partner hates it when I_____
20. When I am alone I_____
21. My partner gets angry when_____
22. My partners greatest fear is_____
23. It hurts me when my partner_____
24. I feel the most lonely when_____
25. I am afraid_____
26. I love_____
27. We used to laugh more because_____
28. It would be best if_____
29. Friends_____
30. I feel like a phony when_____
31. I can't forgive_____
32. Together we_____
33. What surprises me is_____
34. I believe_____
35. Other people think_____
36. Men_____
37. Women_____
38. I regret_____
39. It doesn't pay to_____
40. It helps when we_____
41. If only_____
42. We never seem to_____

How Healthy is My Relationship?

This profile will give you a general measure of the overall "health" of your relationship. Answer each question honestly by checking either "True" or "False" to each statement.

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

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

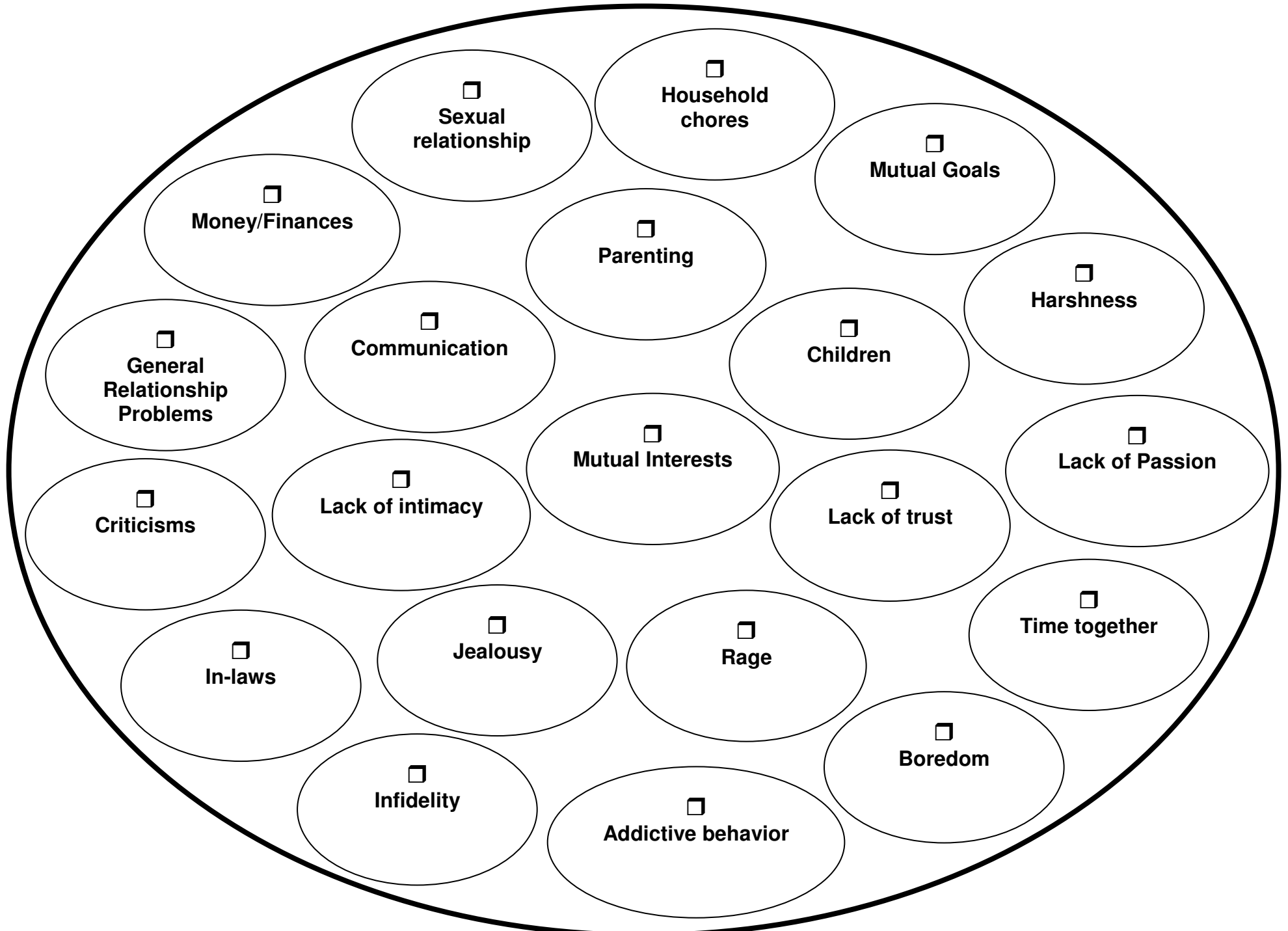
(Number of even-numbered "True●" responses) _____

(Number of odd-numbered "False●" responses) _____

Total _____

Scores: Above 32 Relationship is in **Severe** trouble (*don't despair!*)
 20-32 Relationship is in **Moderate** trouble
 12-19 Relationship is in **Mild** trouble
 Below 11 Relationship is in **Minimal** trouble

Marriage/Relationship Problem Areas



How do I Perceive My Partner in this Relationship?

The following questions will help you to identify particular behaviors in yourself and in your partner that you like and dislike. This exercise will help you to become aware of the types of behaviors that trigger certain emotions.

Loving Behavior

- List five instances of your partner's loving behavior toward you during the last month

Unloving Behavior

- List five instances of unloving or hateful things your spouse has done to you during the last month

Qualities

- List and describe your partner's five best qualities
- List and describe your partner's five worst qualities

Undesirable Behavior

- List five things you have asked, scolded, nagged or wished your partner to correct, change or improve but which your partner has not corrected, changed or improved.

Attractions

- List five things that made you fall in love with your partner

Potential Transgressions

- List five things that would make you fall out of love with your partner

Sexual Relationship

- Describe your partner's sexual relationship with you, paying particular attention to your partner's:
1) Pattern of initiation, 2) Frequency, 3) Quality, 4) Problems
- Describe your ideal sexual relationship

Attention

- Describe your partner's tendency or lack thereof to focus on you, paying particular attention to:
1) Desire for being physically close, 2) Desire to talk with you one on one, 3) Desire to spend time alone with you, 4) Desire to protect you or comfort you during times of need, 5) Desire to please you

Presence

- Do you look forward to seeing your partner at the end of the day? If not, write in your journal all the reasons why not. Be as specific as possible. If its your partner's complaining, if it's a look on your partner's face, if it's because you feel you have to invent conversation to make things pleasant, write it down. Whatever makes it difficult for you to be in your partner's presence write it down.

How do I Perceive Myself in this Relationship?

It is always easy to look outside of ourselves and judge and criticize our partner's behavior. When it comes to relationships, the problem is often "over there", never "over here". But it takes two to bring a relationship to the present state of affairs. If there is something unacceptable to you in the relationship it is essential that you "own" your own part in it. If no other change occurred in the relationship other than the one you make, the relationship would certainly be different. Resolve to answer the following questions with total honesty. These are questions that you might not think to ask yourself, so consider them carefully.

Loving Behavior

- List five instances of loving behavior toward your partner over the past month

Unloving Behavior

- List five instances of unloving or hateful things you have done to your partner during the last month

Qualities

- List and describe your five best qualities
- List and describe your five worst qualities

Undesirable Behavior

- List five things your partner has asked, nagged or wished to correct, change or improve in you but which you have not corrected, changed or improved.

Attractions

- List five things that made your partner fall in love with you

Potential Transgressions

- List five things that would make your partner fall out of love with you

Sexual Relationship

- Describe your sexual relationship with your partner, paying particular attention to your own:
1) Pattern of initiation, 2) Frequency, 3) Quality, 4) Problems
- See if you can describe or imagine your partners ideal sexual relationship

Attention

- Describe your tendency or lack thereof to focus on your partner paying, particular attention to: 1) Desire for being physically close, 2) Desire to talk with your partner one on one, 3) Desire to spend time alone with your partner, 4) Desire to protect you or comfort you during times of need, 5) Desire to please your partner

Presence

Does your partner look forward to seeing you at the end of the day? If not, write in your journal all the reasons why not. Be as specific as possible. If you tend to complain to your partner about the day, if you have a stressful look on your face, if it's because you feel a sense of dread upon the sight of your partner, write it down. Whatever makes it difficult for your partner to be in your presence, write it