



# Relationship Assessment

**Pre/Post Self-Assessment**      **Name:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/\_\_\_

**Relationship Quality - Emotions**

**Circle Level of Current Experience**

Rejection.....	1	2	3	4	5	6	7	8	9	10
Anger.....	1	2	3	4	5	6	7	8	9	10
Can't trust.....	1	2	3	4	5	6	7	8	9	10
Offended.....	1	2	3	4	5	6	7	8	9	10
Resentful.....	1	2	3	4	5	6	7	8	9	10
Obsessive thoughts.....	1	2	3	4	5	6	7	8	9	10
Control.....	1	2	3	4	5	6	7	8	9	10
Fear.....	1	2	3	4	5	6	7	8	9	10
Fear - physical harm.....	1	2	3	4	5	6	7	8	9	10
Lack of confidence.....	1	2	3	4	5	6	7	8	9	10
Stress.....	1	2	3	4	5	6	7	8	9	10
Isolation, loneliness.....	1	2	3	4	5	6	7	8	9	10
Self-pity.....	1	2	3	4	5	6	7	8	9	10
Boyfriend/girlfriend at fault.....	1	2	3	4	5	6	7	8	9	10
Numb.....	1	2	3	4	5	6	7	8	9	10

**Relationship Quality - Interaction**

Arguing.....	1	2	3	4	5	6	7	8	9	10
Loud arguing.....	1	2	3	4	5	6	7	8	9	10
Not trusting.....	1	2	3	4	5	6	7	8	9	10
Monitor other's daily behavior.....	1	2	3	4	5	6	7	8	9	10
Can't resolve conflict.....	1	2	3	4	5	6	7	8	9	10
Trouble with communication.....	1	2	3	4	5	6	7	8	9	10
Parenting conflicts (N/A).....	1	2	3	4	5	6	7	8	9	10
Blame other for conflict, problems.....	1	2	3	4	5	6	7	8	9	10
Conflict on financial decisions.....	1	2	3	4	5	6	7	8	9	10
Lack of emotional intimacy.....	1	2	3	4	5	6	7	8	9	10
Suspicious of other.....	1	2	3	4	5	6	7	8	9	10
Judgment.....	1	2	3	4	5	6	7	8	9	10
Critical.....	1	2	3	4	5	6	7	8	9	10

**Relationship Quality – Personal Responses**

Considering discontinuance.....	1	2	3	4	5	6	7	8	9	10
Shut down.....	1	2	3	4	5	6	7	8	9	10
Avoidance.....	1	2	3	4	5	6	7	8	9	10
Yell/scream.....	1	2	3	4	5	6	7	8	9	10
Retaliate.....	1	2	3	4	5	6	7	8	9	10
Run away.....	1	2	3	4	5	6	7	8	9	10
Complain about boyfriend/girlfriend to others... ..	1	2	3	4	5	6	7	8	9	10
Reject.....	1	2	3	4	5	6	7	8	9	10
Isolate.....	1	2	3	4	5	6	7	8	9	10
Weight control, eating issues.....	1	2	3	4	5	6	7	8	9	10
Alcohol/drugs/internet as escape.....	1	2	3	4	5	6	7	8	9	10
Self-harm.....	1	2	3	4	5	6	7	8	9	10
No touch.....	1	2	3	4	5	6	7	8	9	10