

Relationship Report Card

Please complete this questionnaire to learn more about your relationship with your partner. For the questions that have a zero to ten scale, zero would indicate dissatisfaction and ten a high level of satisfaction.

Intimacy

On a 0 to 10 scale, how much attention and affection do you receive from your partner?

On a 0 to 10 scale, how much do you share your deepest feelings with your partner?

On a 0 to 10 scale, how does your relationship compare with your friend's relationships?

On a 0 to 10 scale, how satisfied are you with your relationship?

Does your partner spend too much time at work?

How much time do the two of you spend watching TV or on your computers each week?

Do you hold resentments toward your partner?

Do your disagreements often end with angry or hurt feelings?

Do either of you struggle with a mental illness?

Do either of you have an addiction?

Do either of you have a chronic health problem?

Money

What is your approximate annual income as a couple?

What do you estimate is your total debt as a couple for mortgages, car loans, and student loans?

How much money do you and your partner owe on your credit cards?

How much money do the two of you have set aside for savings and retirement?

On a 0 to 10 scale, how much do the two of you agree on how your money should be spent?

Sexuality

On a 0 to 10 scale, what is quality of your sexual relationship with your partner?

On a 0 to 10 scale, what is frequency of sexual activity with your partner?

Do either you or your partner watch pornography?

Have you or your partner ever had a sexual affair during your relationship?

Do either of you have problems with jealousy or control in your relationship?

Parenting

How many children do you have?

How many grandchildren?

On a 0 to 10 scale, how much do you and your partner agree on parenting and discipline?

Family

Did your parents get divorced?

Did you ever witness domestic violence or experience it yourself?

How many marriages have you had?

Do you have a bad relationship with any member of either of your families?

Lifestyle

On a 0 to 10 scale, how much fun do you currently have in your life?

How many vacations do you usually take each year?

Do you belong to a church or a faith community?

Do you have enough time with your friends?

Do you have enough time for exercise and fitness?

Do you have enough time for being alone and self-care?