



Relationship Questionnaire

From your viewpoint, is your partner *accessible* to you?

- | | | |
|---|---|---|
| 1) I can get my partner's attention easily. | T | F |
| 2) My partner is easy to connect with emotionally. | T | F |
| 3) My partner shows me that I come first with him/her. | T | F |
| 4) I am not feeling lonely or shut out in this relationship. | T | F |
| 5) I can share my deepest feelings with my partner. He/she will listen. | T | F |

From your viewpoint, is your partner *responsive* to you?

- | | | |
|--|---|---|
| 1) If I need connection and comfort, she/he will be there for me. | T | F |
| 2) My partner responds to signals that I need her/him to come close. | T | F |
| 3) I find I can lean on my partner when I am anxious or unsure. | T | F |
| 4) Even when we fight or disagree, I know that I am important to my partner and we will find a way to come together. | T | F |
| 5) If I need reassurance about how important I am to my partner, I can get it. | T | F |

Are you positively emotionally *engaged* with each other?

- | | | |
|---|---|---|
| 1) I feel very comfortable being close to and trusting my partner. | T | F |
| 2) I can confide in my partner about almost anything. | T | F |
| 3) I can feel confident, even when we are apart, that we are connected to each other. | T | F |
| 4) I know my partner cares about my joys, hurts, and fears. | T | F |
| 5) I feel safe enough to take emotional risks with my partner. | T | F |

Compare your answers with your partner.

- Share the responses that you agreed on that you feel are the strengths of your relationship.
- Next share a couple of responses that were the most difficult or stirring for you. It is best to share one at a time and set a time limit (3-5 minutes) where one person shares and one person just listens. If possible, give specific examples from your relationship. Do so without placing blame on your partner; you are simply stating your needs without expectation of your partner automatically meeting them.

Additional Questions for Discussion

You may want to answer these questions for yourself first then share your responses with your partner and discuss how you feel these things impact your relationship.

- 1) What messages about love/marriage/relationship have you receive from your parents/community?
- 2) What have you learned about trusting others and/or reaching out for support?
- 3) Before this relationship, have you experienced a safe, loving relationship with someone you trusted and felt would be there for you whenever you turned to them? If so, what specific things did you notice this person did that helped you feel safe and trusting? Share these with your partner and give a specific example if possible.
- 4) What have you learned about your partner being dependable? Have you learned you need to fight to be seen? Or maybe it is best not to rely on someone so it is best to distance yourself and not get too close?
- 5) If it is hard to turn to someone or trust someone, what do you do when life gets too big to handle on your own?
- 6) In your present relationship, can you ask your partner or let them see, when you need closeness and comfort? How easy or difficult is this for you? Is it a sign of weakness or is it too risky for you? Rate your difficulty in doing this on a scale from 0 to 10 with 0 being no problem at all and 10 being impossible.
- 7) Name two concrete and specific things that a safe, responsive, and engaged partner would do on a typical day and how those things would make you feel.
- 8) When you feel disconnected or alone in your relationship, do you tend to get more emotional and/or anxious and push your partner to respond, or do you tend to withdraw further and deny your need to connect? Can you think of a time when this has happened in your relationship?
- 9) Can you think of a time in your relationship where a deeper question, need, fear, or concern was present (such as "Are you there for me?"), but you ended up fighting about a more mundane problem? Share this with your partner.
- 10) Can you think of bonding moments in your relationship when one of you reaches out and the other responds in a way that makes both of you feel emotionally connected and secure with each other? Share this with your partner.

Adapted from *Hold Me Tight: Seven Conversations for a Lifetime of Love* by Dr. Sue Johnson (2008).