

Relationship Checkup Questionnaire: Areas of Concern

Please indicate with an **X** the degree to which you experience each of the following areas as a concern in your relationship.

	Not a concern	Moderate concern	Significant concern
1. We do not chat, touch base, or check in regularly about what's going on in our separate day-to-day lives.			
2. We do not spend enough quality time together.			
3. We do not express our emotions in healthy ways.			
4. We do not communicate our anger with each other in an open, respectful, and assertive manner.			
5. We express anger in hostile or disrespectful ways with each other.			
6. When we argue, we often seem to try to hurt each other.			
7. We are not good at making up after a fight.			
8. We're not able to raise issues with each other in a kind and respectful way.			
9. When one of us has been hurt, we are not good at forgiving each other.			
10. We are having difficulty with our sex life.			
11. My partner and I do not feel emotionally close to each other during and after sex.			
12. My partner doesn't accept who I am as a person with my own faults and weaknesses.			
13. My partner doesn't really know who I am as a person.			
14. We are not verbally affectionate toward each other on a daily basis.			
15. We are not physically affectionate toward each other on a daily basis.			
16. We are not actively taking care of the health of our marriage.			
17. We do not clearly and effectively communicate our wants and needs to each other.			
18. We rarely laugh or smile together.			
19. We don't seem to be very good friends.			
20. We rarely share each other's burdens.			
21. We aren't comfortable leaning on each other for emotional support.			
22. I don't feel safe being emotionally open and honest with my partner.			
23. We rarely talk about the things we each find most meaningful in our lives.			
24. We rarely support each other in the things we find most important as individuals.			
25. All couples have their irresolvable issues. We handle ours in a way that leaves us feeling less secure in our relationship.			
26. We often resist each other's requests and wishes.			
27. Our relationship doesn't seem to be a high priority for both of us.			
28. We tend to think in terms of "I, me, and mine" rather than "we, us, and ours."			
29. We rarely show our love toward one another.			
30. We tend to disagree more than agree when it comes to money issues.			
31. We aren't a good team when it comes to parenting.			
32. Alcohol and/or drug use is an issue in our relationship.			
33. Physical health issues are a source of stress on our relationship.			

34. Mental/emotional health issues are a source of significant stress for us.			
35. Significant recent changes are a source of stress between us.			
36. We recently had our first baby.			
37. One of us recently retired.			
38. Work stress is often an issue in our relationship.			
39. There are lingering or unforgiven hurts in our relationship.			
40. Our relationship is suffering the effects or aftereffects of an affair.			
41. We have problems trusting each other.			
42. I often resent my partner's attempts to solve my problems instead of just listening.			
43. We have been under a great deal of stress in our lives lately.			
44. We sometimes hit each other or throw things when we're angry.			
45. We do not solve problems well together as a team.			

Now, please indicate the three things you are **most concerned** or worried about from the list above.

For example:

#1 Concern: Statement number 38: Work stress is often an issue in our relationship.

#1: Statement number ____:
#2: Statement number ____:
#3: Statement number ____: