

Relationship Checkup Questionnaire: Areas of Strength

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

	Not a strength	Moderate strength	Significant strength
1. We chat, touch base, or check in regularly about what's going on in our separate day-to-day lives.			
2. We regularly spend quality time together.			
3. We both show our emotions in healthy ways.			
4. We communicate our anger with each other in an open, respectful, and assertive manner.			
5. We're good at making up after a fight.			
6. We're able to raise issues with each other in a kind and respectful way.			
7. When one of has been hurt, we are good at forgiving each other.			
8. We're happy with our sex life.			
9. My partner and I feel emotionally close to each other during and after sex (rather than more distant or lonely).			
10. My partner accepts who I am as a person, including my faults and weaknesses.			
11. We are verbally affectionate toward each other on a daily basis.			
12. We are physically affectionate toward each other on a daily basis.			
13. We are actively taking care of the health of our marriage.			
14. We clearly and effectively communicate our wants and needs to each other.			
15. We laugh or smile together.			
16. We're good friends.			
17. We share each other's burdens.			
18. We're comfortable leaning on each other for emotional support.			
19. I feel safe being emotionally open and honest with my partner.			
20. We talk about the things we each find most meaningful in our lives.			
21. We actively support each other in the things we find most important as individuals.			
22. All couples have their irresolvable issues. We handle ours in a way that leaves us feeling secure in our relationship.			
23. My partner and I usually go along with one another's wishes.			
24. Our relationship is a high priority for both of us.			
25. We both tend to think in terms of "we, us, and ours," rather than "I, me, and mine."			
26. We actively show our love toward one another.			
27. We tend to agree more than disagree when it comes to money issues.			
28. We're a good team when it comes to parenting.			
29. Our trust in each other is strong and stable.			
30. We talk to each other in a supportive way about the stresses in our individual lives.			
31. We are very committed to our relationship.			

32. We solve problems well together as a team.			
33. We listen well to each other.			

Now, please rank order what you consider to be the **top three strengths** in your relationship from the list above.

For example:

#1 Strength: Statement number 28: We're a good team when it comes to parenting.

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