

Analyse Your Relationship

QUESTION	Circle Your Answers (One per question)
1. To what extent or otherwise do you feel your partner understands you?	1 - Completely 2 - Sometimes 3 - Not very often 4 - Never seems to
2. How easy or difficult do you feel it is to live together?	1 - Very difficult 2 - Fairly difficult 3 - Fairly Easy 4 - Very Easy
3. To what extent or otherwise do you agree with this statement? "We love each other but have to find a way of living differently."	1 - Fully agree 2 - Agree to an extent 3 - Disagree to an extent 4 - Fully disagree
4. To what extent or otherwise do you feel you know what to do to deal with problems in your relationship?	1 - I don't know what to do 2 - I have a few ideas but might not work 3 - I have a few ideas and they might work 4 - I know what to do
5. To what extent or otherwise do you agree with this statement? "I feel my partner doesn't listen to me."	1 - Fully disagree 2 - Disagree to an extent 3 - Agree to an extent 4 - Fully agree
6. To what extent or otherwise do you agree with this statement? "We argue over small things."	1 - Fully agree 2 - Agree to an extent 3 - Disagree to an extent 4 - Fully disagree
7. To what extent or otherwise do you agree with this statement? "My partner doesn't support me"	1 - Fully disagree 2 - Disagree to an extent 3 - Agree to an extent 4 - Fully agree
8. Do you agree or disagree with this statement "I feel I am stepping on eggshells all the time."	1 - Fully agree 2 - Agree to an extent 3 - Disagree to an extent 4 - Fully disagree
9. To what extent or otherwise do you agree with this statement? "My partner is often violent towards me"	1 - Fully agree 2 - Fully disagree
10. Do you agree or disagree with this statement "I feel everything I do is wrong"	1 - Fully disagree 2 - Disagree to an extent 3 - Agree to an extent 4 - Fully agree
11. To what extent or otherwise do you agree with this statement? "I love him/her but they don't seem to get it right"	1 - Fully agree 2 - Agree to an extent 3 - Disagree to an extent 4 - Fully disagree
12. To what extent or otherwise do you agree with this statement? "I am bothered about something my partner does and I wish it would stop"	1 - Fully disagree 2 - Disagree to an extent 3 - Agree to an extent 4 - Fully agree
13. To what extent or otherwise do you agree with this statement? "Some of the problems in our relationship have happened to me before."	1 - Fully disagree 2 - Disagree to an extent 3 - Agree to an extent 4 - Fully agree