

Directions

Circle the letter grade that you think that best represents your relational situation. Some questions may not apply.

In order to determine your final grade, use the scoring scale that appears at the end of this self-assessment. Simply add up all of your points and then divide the final number by the number of questions asked to determine an average score. Remember that no relationship scores a "Straight A!"

RELATIONSHIP REPORT CARD

1.	Is an equal participant with chores.	A	B	C	D	F	NA
2.	Participates in decision making.	A	B	C	D	F	NA
3.	Is able to communicate emotions and feelings.	A	B	C	D	F	NA
4.	Gives positive feedback.	A	B	C	D	F	NA
5.	Keeps promises regularly.	A	B	C	D	F	NA
6.	Remembers special occasions/anniversaries.	A	B	C	D	F	NA
7.	Gives genuine compliments.	A	B	C	D	F	NA
8.	Is supportive of my choices.	A	B	C	D	F	NA
9.	Spends time with me in a meaningful way.	A	B	C	D	F	NA
10.	Gives me space to be with friends.	A	B	C	D	F	NA
11.	Is an active listener.	A	B	C	D	F	NA
12.	Has a sense of humor and can laugh.	A	B	C	D	F	NA
13.	Is responsive sexually.	A	B	C	D	F	NA
14.	Demonstrates physical affection.	A	B	C	D	F	NA
15.	Is verbally responsive and affectionate.	A	B	C	D	F	NA
16.	Treats my friends and family with respect.	A	B	C	D	F	NA
17.	Supportive of my life problems/challenges.	A	B	C	D	F	NA
18.	Causes me to feel loved.	A	B	C	D	F	NA
19.	Makes our relationship a priority over work.	A	B	C	D	F	NA
20.	Pays attention to personal appearance/hygiene.	A	B	C	D	F	NA
21.	Has an upbeat attitude.	A	B	C	D	F	NA
22.	Does not play mind-games.	A	B	C	D	F	NA
23.	Accepts me of my shortcomings.	A	B	C	D	F	NA
24.	Is sensitive to my weaknesses.	A	B	C	D	F	NA
25.	Shares parenting responsibilities.	A	B	C	D	F	NA
26.	Responds to feedback well.	A	B	C	D	F	NA
27.	Expresses anger in a healthy way.	A	B	C	D	F	NA
28.	Talks positively about us as a couple.	A	B	C	D	F	NA
29.	Handles money well.	A	B	C	D	F	NA
30.	Cares about my career.	A	B	C	D	F	NA
31.	Is open to discussing our problems.	A	B	C	D	F	NA
32.	Loving to our children.	A	B	C	D	F	NA
33.	Emotionally and physically monogamous.	A	B	C	D	F	NA

34.	Has the ability to compromise.	A	B	C	D	F	NA
35.	Seems happy in life.	A	B	C	D	F	NA
36.	Has shared interests with me.	A	B	C	D	F	NA
37.	Does not verbally or physically threaten me.	A	B	C	D	F	NA
38.	Has a good relationship with his/her family.	A	B	C	D	F	NA
39.	Balances interest/hobbies with relationship.	A	B	C	D	F	NA
40.	Seems to enjoy our time together.	A	B	C	D	F	NA
41.	Will take a time out when fighting.	A	B	C	D	F	NA
42.	Is accepting of who I am.	A	B	C	D	F	NA
43.	Appropriately focuses on me when with others.	A	B	C	D	F	NA
44.	Is eager to help when needed.	A	B	C	D	F	NA
45.	Shows me appreciation.	A	B	C	D	F	NA
46.	Finds “together” time for us.	A	B	C	D	F	NA
47.	Handles the “Ex” in an appropriate way.	A	B	C	D	F	NA
48.	Does not cause religious friction.	A	B	C	D	F	NA
49.	Is trusting of me.	A	B	C	D	F	NA
50.	Satisfies me sexually.	A	B	C	D	F	NA

Grading Point Scale:

GRADE	NUMERICAL SCORE
A	4
B	3
C	2
D	1
F	0

FINAL GRADE:

A	90-100%
B	80-90%
C	70-80%
D	60-70%
F	60% or below