

Current Relationship Questionnaire

andra brosh PH.D.
www.drandrash.com

All relationships need to be assessed and evaluated at some point in time. Just like you go to the doctor for a checkup every year, the best way to catch a problem or to prevent future issues is to take a peek under the hood every once in a while.

Answer these 10 questions to generate reflection and insight into your current relationship and how you feel about the health of how you're relating. There are no right or wrong answers, and these questions are meant to invoke curiosity and a deeper understanding of the relationship so you can address anything that feels like it's too off track.

What 3 words describe your current relationship?

1

Do you feel safe sharing all of your thoughts and feelings with your partner?

2

Do you genuinely like your partner?

3

What is the communication style in your current relationship? (volatile, passive aggressive, open and direct, etc.)

4

How do you feel loved in your relationship? (gifts, verbal appreciation, demonstrative affection, etc.)

5

Do you feel disappointed with your partner more often than not?

6

Do you feel seen, appreciated, and heard by your partner?

7

Do you have frequent emotional and physical intimacy with your partner?

8

How do you and your partner handle conflict? (storming out, going to bed angry, sweep it under the rug, etc.)

9

Do you share the same values with your partner? (having children, close family relations, saving money, etc.)

10
