

Relationship Health Inventory compiled by Dr J.C. Coetzee Clinical Psychologist

Name & Surname

Date (m/d/y)

Read the following statements and after careful reflection complete the rating scale truthfully.

	Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree
I can trust my partner.					
I am happy with the level of intimacy in my relationship.					
I am happy with my partner's physical appearance.					
I agree with my partner's spiritual beliefs.					
My partner supports my career path.					
I can depend on my partner emotionally.					
My partner and I share the same moral values.					
My partner allows me enough 'me time'.					
My partner's family accepts me for who I am.					
I get along with my partner's family.					
I share the same interests as my partner.					
My partner and I share the same vision for our relationship.					
My partner never criticize me unfairly.					
My partner is romantic.					
My partner and I can resolve conflict in our relationship.					
I don't hold any grudges towards my partner.					
I grow in love for my partner as time goes on.					
My partner and I make major decisions together.					
I still feel a strong connection with my partner.					
I know my partner's needs.					
I enjoy my partner's company.					
I can have fun with my partner.					
My partner never embarrass me.					
My partner and I communicate effectively.					
My partner listens to me when I talk.					
My partner shows affection towards me.					
I feel appreciated by my partner.					

Read the following statements and after careful reflection complete the rating scale truthfully.

	Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree
My partner is faithful to me.					
I am satisfied with my partner's financial contribution in the relationship.					
My partner knows my needs.					
My partner understands me sexually					
My partner treats me with respect.					
I am satisfied in how my partner and I share household responsibilities.					
I can laugh together with my partner.					
I find my partner physically attractive.					
I feel that my partner is invested in our relationship.					
My partner supports my hobbies and interests.					
I can pray with my partner.					
I never consider leaving my partner.					
I am satisfied with the amount of quality time spent with my partner.					
I feel that I can confide in my partner about virtually anything.					
I can have intellectual discussions with my partner.					
I know that my partner loves me.					
My partner accepts me for who I am.					
My partner knows what irritates me.					
I look forward to the future with my partner.					
My partner makes me want to be a better person.					
My partner appreciates the things I do in the relationship.					
I know what stresses my partner is currently facing.					
I can tell you about my partner's basic philosophy of life.					

Enter your scores below by counting the number of responses in each column.

Strongly Disagree

Disagree

Uncertain

Agree

Strongly Agree

Indicate the ranking from highest to lowest score.

Relationship Health Status

	Bad Health Strongly Disagree	Poor Health Disagree	? Uncertain	Good Health Agree	Excellent Health Strongly Agree
Highest marks					
Second Highest					
Third Highest					
Fourth Highest					
Fifth Highest					

The scale ranking above should give you an indication of the current health of your relationship. If you **Strongly Agreed** with most statements your relationship is in **excellent health**. Copy the statements that you **Strongly Agreed** with below. You may want to discuss these statements to clarify your partner's view. These statements indicates **areas where your relationship is strong**.

If you **Agreed** with most statements your relationship is in **good health**. Some areas of your relationship may need some attention. Copy the statements that you **Agreed** with below. These statements will indicate the areas that **you can to work on** in your relationship.

If you were **Uncertain** about most statements your relationship is in **questionable health** and needs attention. Copy the statements that you were **Uncertain** about below. These statements will indicate the areas that you **need to work on** in your relationship.

If you **Disagreed** with most statements your relationship is in **poor health** and needs urgent attention. Copy the statements that you **Disagreed** with below. These statements will indicate the areas that **you must work on** in your relationship.

If you **Strongly Disagreed** with most statements your relationship is in **bad health** and in serious trouble. Copy the statements that you **Strongly Disagreed** with below. These statements will indicate the areas that is **crucial for you to work on** in your relationship in order to start developing a healthy relationship.

Now proceed to the discuss the identified areas in your relationship and see if you can't improve your relationship health status.