

Healthy Relationships Questionnaire

This questionnaire has been developed as part of our healthy relationships work in Somerset. It has been designed to help you consider your relationship with your partner/ex-partner and the strengths and challenges you may face. This questionnaire aims to help you think about your relationship and where you may want to make some changes.

Ultimately, how you use the information is up to you, however, support is available if you need it.

Like most questionnaires the outcome may change depending on how you are feeling and what is going on in your life when you complete it.

To get the most reliable result, please think about how you feel on a day-to-day basis, not just right at this moment in time.

Section 1: Your relationship (this could be with your current partner/ex-partner)	Never/ almost never	Once in a while	Frequently	Your Score
They make me feel appreciated	1	2	3	
We get on each other's nerves	3	2	1	
When we disagree, we can sort things out	1	2	3	
I can get angry and frustrated with them	3	2	1	
They respect my opinions and feelings	1	2	3	
Little arguments can escalate into accusations and criticisms	3	2	1	
I feel listened to	1	2	3	
They understand my point of view	1	2	3	
We laugh and have fun together	1	2	3	
We have time to talk	1	2	3	
TOTAL score for this section				

Section 2: How often on a typical week do you:	Never/ less than 1× week	1 or 2 × a week	Once a day or more	Your Score
Argue with/ignore each other	3	2	1	

Section 3: How well you work together	Not true	Somewhat true	Very true	Your Score
They make me feel like I am a good parent	1	2	3	
I feel like I am treated differently to everyone else	3	2	1	
We keep bringing up the past	3	2	1	
We have different ideas about parenting	3	2	1	
They annoy me on purpose	3	2	1	
The stress of parenting has caused us to grow apart	3	2	1	
We spend quality time together	1	2	3	
TOTAL score for this section				

Section 4: How well you work together	Not true	Somewhat true	Very true	Your Score
When I am upset or annoyed, they don't leave me alone or give me space	3	2	1	
They are difficult to communicate with	3	2	1	
TOTAL score for this section				

Your total for each section

Section 1 score	
Section 2 score	
Section 3 score	
Section 4 score	
TOTAL score	

Score	What it means
48-60 (Level 1)	Your relationship with your partner/ex-partner seems to be in good shape and you are working together.
34-47 (Level 2)	Whilst your relationship with your partner/ex-partner may be good, there could be a few areas you may want to work on.
20-33 (Level 3)	You may want to stop and think about this. Your score indicates the presence of patterns in your relationship and of conflict that could harm your relationship.

Now you know where your scores sit, you may want to consider your next steps.

Look at where you scored 'high', these will be the '3' boxes; these are your current strengths in your relationship.

Consider where your scores are in the middle, these are the '2' boxes; could small changes in these areas help improve things?

Where you have scored 'low', these will be the '1' boxes; these are the areas that will be having the biggest impact on your relationship.

If you have ticked multiple '1' boxes, you may want to think about seeking support asking for help. This could be from close friends or family or by going to... WEBSITE

Date:

My name:

Address: