

Healthy Relationships Questionnaire

This questionnaire has been developed as part of healthy relationships work in Essex. It has been designed to help you consider your relationship with your 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 from a variety of places if you need it.

Like most questionnaires and/or quizzes the outcome could change depending on how you are feeling when you complete it and what is going on in your life. To get the most reliable outcome, please think about how you feel on a day to day basis, not just right at this moment in time.

| Your relationship with your partner | | | | |
|---|-----------------------------|-----------------|--------------------|------------|
| Green scores 3, Yellow scores 2, Blue scores 1 | Never /almost never | Once in a while | Frequently | Your score |
| My partner makes me feel appreciated | Blue | Yellow | Green | |
| My partner and I 'get on each other's nerves' | Green | Yellow | Blue | |
| When we disagree, we find a solution that satisfies us both | Blue | Yellow | Green | |
| I can get angry and frustrated with my partner | Green | Yellow | Blue | |
| My partner respects my opinions and feelings | Blue | Yellow | Green | |
| Little arguments can escalate into accusations and criticisms | Green | Yellow | Blue | |
| When we have a problem, we work together to solve it | Blue | Yellow | Green | |
| I think about what my life would be like if my partner and I weren't together | Green | Yellow | Blue | |
| We laugh and have fun together | Blue | Yellow | Green | |
| I don't feel my partner listens to me when we argue | Green | Yellow | Blue | |
| How often in a typical week do you; | | | | |
| | Never /less than 1 x a week | 1 or 2 x a week | Once a day or more | Your score |
| Argue with your partner in your children's presence? | Green | Yellow | Blue | |



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| How well you work together as parents | | | | |
|---|----------|---------------|-----------|------------|
| | Not true | Somewhat true | Very true | Your score |
| Green scores 3, Yellow scores 2, Blue scores 1 | | | | |
| My partner makes me feel like I'm a good parent | | | | |
| I feel like my share of the parenting work is more than my partners | | | | |
| We are growing and maturing together through our experiences as parents | | | | |
| My partner and I have different ideas about how to raise our child | | | | |
| My relationship with my partner is stronger now than before we had a child | | | | |
| The stress of parenting has caused my partner and I to grow apart | | | | |
| We have fun with our children together | | | | |
| When I'm at my wits end as a parent, my partner doesn't give me the extra support I feel I need | | | | |
| My partner appreciates how hard I work at being a good parent | | | | |

Add up your total score;

If you scored in the **48 - 60** range, your relationship with your partner seems to be in good shape and you are working together well in parenting your child / children.

If you scored in the **34 - 47** range, whilst your relationship with your partner may be good, there could be a few areas you may want to work on.

If you scored in the **20 -33** range you may want to stop and think about where the two of you are headed. Your score indicates the presence of patterns that could harm your relationship.

Now you know where your score sits, you may want to consider your next steps. Look at where you scored 'high', these will be the green boxes; these are the current strengths in your relationship. Consider where your scores are in the 'middle', these will be the yellow boxes; could small changes in these areas help to improve things? Where you have scored 'low', these will be the blue boxes; these are the areas that will be having the biggest impact on your relationship. If you have ticked multiple blue boxes you may want to think about seeking support or asking for help. This could be from close friends or family or support from a variety of services.



Questions adapted from The Relationship Dynamics Scale, the Dyadic adjustment scale, the Co-Parenting Relationship Scale and the Romantic Partner Conflict Scale