

**Dr. Dina Bachelor Evan  
Relationship Evaluation**

**(Take test individually and then discuss results and needed improvements with partners – Grade as in school)**

<b>(1) Evaluating The Relationship</b>		<b>(2) Evaluating My Partner</b>	
1. We are accepting of each other's differences	A B C D F	1. Offers help with responsibilities	A B C D F
2. We contain and express anger safely	A B C D F	2. Is willing to yield control/ decision making power	A B C D F
3. We share at deep intimate levels	A B C D F	3. Is emotionally connected to me/relationship	A B C D F
4. We cooperate/share household tasks	A B C D F	4. Offers suggestions without criticism	A B C D F
5. We agree on integrity and principle issues	A B C D F	5. Is faithful emotionally/sexually	A B C D F
6. We agree on financial issues	A B C D F	6. Is dependable and stable	A B C D F
7. We enjoy being alone together	A B C D F	7. Gives me space when I need it	A B C D F
8. We encourage independence and separate time	A B C D F	8. Is not jealous or suspicious	A B C D F
9. We encourage the fulfillment of individual goals	A B C D F	9. Laughs with me/ Has sense of humor	A B C D F
10. We share spiritual awareness'/activities	A B C D F	10. Gives sincere, authentic compliments	A B C D F
11. Participate in mutual spiritual growth activities	A B C D F	11. Honors our confidentiality	A B C D F
12. We take time for each other as priority	A B C D F	12. Listens well. Is energetically connected.	A B C D F
13. We are comfortable with silence/not doing	A B C D F	13. Is sexually responsive and attentive	A B C D F
14. Our relationship is sexually satisfying	A B C D F	14. Is verbally kind hearted/ affectionate	A B C D F
15. Our relationship is emotionally satisfying	A B C D F	15. Offers the kind of support I need	A B C D F
16. We celebrate special occasions without stress	A B C D F	16. Makes me feel loved/ appreciated	A B C D F
17. We take risks in sharing our feelings	A B C D F	17. Makes me/ relationship a priority	A B C D F
18. We face and discuss disappointments together	A B C D F	18. Embraces family rituals/ responsibilities	A B C D F
19. We yield willing to each other	A B C D F	19. Is committed to spiritual growth	A B C D F
20. We are not threatened if we feel differently	A B C D F	20. Compromises/negotiates when we disagree	A B C D F
21. Taking space is never a problem	A B C D F	21. Does not use control, manipulation, shaming	A B C D F
22. People feel they can come to us for support	A B C D F	22. Is committed to on-going emotional growth	A B C D F
23. We are openly affectionate	A B C D F	23. Can apologize/ Own mistakes	A B C D F
24. We each take responsibility for our own health	A B C D F	24. Enjoys emotional, spiritual intimacy	A B C D F
25. Does not use substance or anger to distance	A B C D F	25. Does not use substance or anger to distance	A B C D F

**(1) Evaluating Myself****Comments & Steps I Can take to Create More Conscious Relationship**

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|---|-----------|--|
| 1. I often offer to help                            | A B C D F | 1. How I can become more open-minded                                 |
| 2. I am willing to yield control/decision making    | A B C D F | 2. How I can begin working on my own fear and issues                 |
| 3. I am emotionally connected to mate /relationship | A B C D F | 3. How I can demonstrate trust for myself and my partner             |
| 4. I offer suggestions without criticism            | A B C D F | 4. How I can stop the self-defeating patterns of my family of origin |
| 5. I am faithful emotionally/sexually               | A B C D F | 5. How I can begin a shared spiritual process                        |
| 6. I am dependable and stable                       | A B C D F | 6. How I can begin to deepen communication                           |
| 7. I give mate space when s/he needs it             | A B C D F | 7. How I can establish or reestablish trust                          |
| 8. I am not jealous or suspicious                   | A B C D F | 8. How I can demonstrate deeper appreciation                         |
| 9. I laugh/ I have sense of humor                   | A B C D F | 9. How I can kindly establish healthier boundaries                   |
| 10. I share spiritual awarenesses                   | A B C D F | 10. How I can find new ways to express my love                       |
| 11. I suggest mutual spiritual growth activities    | A B C D F | 11.  |
| 12. I honor our confidentiality                     | A B C D F | 12.  |
| 13. I am comfortable with silence/not doing         | A B C D F | 13.  |
| 14. I am sexually responsive/giving                 | A B C D F | 14.  |
| 15. I offer the kind of support needed              | A B C D F | 15.  |
| 16. I make relationships a priority                 | A B C D F | 16.  |
| 17. I embrace family rituals / responsibilities     | A B C D F | 17.  |
| 18. I face and discuss disappointments/feelings     | A B C D F | 18.  |
| 19. I am committed to spiritual growth              | A B C D F | 19.  |
| 20. I am not threatened if we feel differently      | A B C D F | 20.  |
| 21. I can apologize/Own my mistakes                 | A B C D F | 21.  |
| 22. I am committed to on-going emotional growth     | A B C D F | 22.  |
| 23. I am openly affectionate                        | A B C D F | 23.  |
| 24. I do not use control, manipulation, shaming     | A B C D F | 24.  |
| 25. I do not use substance or anger to distance     | A B C D F | 25.  |