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Psychotherapy, Individual, Couple & Family Consultation

The Marinwood Professional Center, 2400 Las Gallinas Avenue, Suite 160, San Rafael, CA 94903
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THRIVING RELATIONSHIP INVENTORY

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Instructions: Answer each item True or False, according to whether each statement is mostly true or mostly false in your relationship as it is currently. If possible, have your relationship partner also complete his or her own form.

Thriving Relationship Survey

- | | |
|--|---|
| <input type="checkbox"/> T <input type="checkbox"/> F 1. We do not talk through our problems. | <input type="checkbox"/> T <input type="checkbox"/> F 36. My partner sometimes says I shouldn't feel the way I do. |
| <input type="checkbox"/> T <input type="checkbox"/> F 2. Our sex life is satisfying. | <input type="checkbox"/> T <input type="checkbox"/> F 37. I consider my partner my best friend. |
| <input type="checkbox"/> T <input type="checkbox"/> F 3. When we talk about our problems or differences, it makes matters worse. | <input type="checkbox"/> T <input type="checkbox"/> F 38. My partner sometimes says that his/her problems in life are my fault. |
| <input type="checkbox"/> T <input type="checkbox"/> F 4. Overall, I am happy with my life right now. | <input type="checkbox"/> T <input type="checkbox"/> F 39. My partner has interests or hobbies outside of work and the relationship. |
| <input type="checkbox"/> T <input type="checkbox"/> F 5. I wish my partner would touch me more. | <input type="checkbox"/> T <input type="checkbox"/> F 40. My partner is demanding. |
| <input type="checkbox"/> T <input type="checkbox"/> F 6. We make good decisions together. | <input type="checkbox"/> T <input type="checkbox"/> F 41. I think my partner is sexy. |
| <input type="checkbox"/> T <input type="checkbox"/> F 7. My partner and I never fight or argue. | <input type="checkbox"/> T <input type="checkbox"/> F 42. My partner has a negative attitude most of the time. |
| <input type="checkbox"/> T <input type="checkbox"/> F 8. We enjoy each other's company. | <input type="checkbox"/> T <input type="checkbox"/> F 43. My partner supports my work. |
| <input type="checkbox"/> T <input type="checkbox"/> F 9. I think our relationship is boring. | <input type="checkbox"/> T <input type="checkbox"/> F 44. My partner tends to hold grudges and hang on to old issues. |
| <input type="checkbox"/> T <input type="checkbox"/> F 10. We have common values. | <input type="checkbox"/> T <input type="checkbox"/> F 45. My partner supports my hobbies and interests. |
| <input type="checkbox"/> T <input type="checkbox"/> F 11. I have a negative attitude most of the time. | <input type="checkbox"/> T <input type="checkbox"/> F 46. I don't trust my partner to tell me the truth. |
| <input type="checkbox"/> T <input type="checkbox"/> F 12. I am good at getting off my position. | <input type="checkbox"/> T <input type="checkbox"/> F 47. My partner shares in at least one of my hobbies or outside interests. |
| <input type="checkbox"/> T <input type="checkbox"/> F 13. We have major differences, and I feel stuck. | <input type="checkbox"/> T <input type="checkbox"/> F 48. My partner takes himself/herself seriously. |
| <input type="checkbox"/> T <input type="checkbox"/> F 14. I can tell the truth to my partner even when it is difficult. | <input type="checkbox"/> T <input type="checkbox"/> F 49. I feel appreciated by my partner. |

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<input type="checkbox"/> T <input type="checkbox"/> F	15. I don't think this relationship is going to last.	<input type="checkbox"/> T <input type="checkbox"/> F	50. Sometimes I feel that I tell my partner something and he/she uses it against me.
<input type="checkbox"/> T <input type="checkbox"/> F	16. I often say and do nice things and express love to my partner.	<input type="checkbox"/> T <input type="checkbox"/> F	51. My partner is easy to talk to.
<input type="checkbox"/> T <input type="checkbox"/> F	17. I tend to hold grudges and hang on to old issues.	<input type="checkbox"/> T <input type="checkbox"/> F	52. My partner is often late.
<input type="checkbox"/> T <input type="checkbox"/> F	18. I know in the moment when I am feeling sad, angry, or afraid.	<input type="checkbox"/> T <input type="checkbox"/> F	53. I feel that my partner listens to me, even when I am upset or angry.
<input type="checkbox"/> T <input type="checkbox"/> F	19. There are things about my partner that really annoy me, and he/she doesn't know it.	<input type="checkbox"/> T <input type="checkbox"/> F	54. My partner often leaves things unfinished.
<input type="checkbox"/> T <input type="checkbox"/> F	20. When I am sad, angry or afraid, I usually tell my partner how I am feeling right away, when possible.	<input type="checkbox"/> T <input type="checkbox"/> F	55. My partner is good at keeping his or her word.
<input type="checkbox"/> T <input type="checkbox"/> F	21. I regret getting into this relationship.	<input type="checkbox"/> T <input type="checkbox"/> F	56. My partner is often impatient with me.
<input type="checkbox"/> T <input type="checkbox"/> F	22. We are able to laugh at ourselves.	<input type="checkbox"/> T <input type="checkbox"/> F	57. I feel that my partner is sensitive to my feelings.
<input type="checkbox"/> T <input type="checkbox"/> F	23. I complain about my partner to my friends or family.	<input type="checkbox"/> T <input type="checkbox"/> F	58. My partner treats other people better than he/she treats me.
<input type="checkbox"/> T <input type="checkbox"/> F	24. I have interests or hobbies outside of work and the relationship.	<input type="checkbox"/> T <input type="checkbox"/> F	59. I feel that my partner cares about my opinion.
<input type="checkbox"/> T <input type="checkbox"/> F	25. I am unhappy about the lack of romance in our relationship.	<input type="checkbox"/> T <input type="checkbox"/> F	60. I feel as if my partner always has to be right.
<input type="checkbox"/> T <input type="checkbox"/> F	26. I share my hopes and dreams with my partner.	<input type="checkbox"/> T <input type="checkbox"/> F	61. My partner is good at getting off his/her position.
<input type="checkbox"/> T <input type="checkbox"/> F	27. I am afraid of my partner.	<input type="checkbox"/> T <input type="checkbox"/> F	62. It feels as if my partner stays angry with me to prove a point.
<input type="checkbox"/> T <input type="checkbox"/> F	28. I often dread or delay coming home, or seeing my partner.	<input type="checkbox"/> T <input type="checkbox"/> F	63. My partner is my biggest fan.
<input type="checkbox"/> T <input type="checkbox"/> F	29. I wish my partner would make me feel better.	<input type="checkbox"/> T <input type="checkbox"/> F	64. I often do not know what my partner wants or needs from me.
<input type="checkbox"/> T <input type="checkbox"/> F	30. Knowing what I know now, I would choose my partner again today.	<input type="checkbox"/> T <input type="checkbox"/> F	65. I think my partner is selfish.
<input type="checkbox"/> T <input type="checkbox"/> F	31. I have secrets I cannot tell my partner.	<input type="checkbox"/> T <input type="checkbox"/> F	66. I feel accepted by my partner.
<input type="checkbox"/> T <input type="checkbox"/> F	32. When we argue, we make up within a day or less.	<input type="checkbox"/> T <input type="checkbox"/> F	67. My partner brings out the best in me.

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T F

33. I am almost always on-time and I complete things that I start.

T F

68. When I need some space or time alone, my partner gets upset.

T F

34. I often feel criticized by my partner.

T F

69. I feel loved by my partner even when I am upset or angry.

T F

35. I genuinely like my partner.

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Thriving Relationship Results

Notice that the items on the left side relate more to you; and those on the right relate more to your partner.

The following items suggest that you see yourself and your relationship in a positive light, or that you see yourself as having skills and resources that are important to a thriving relationship. The items you answered True to are in Blue:

2 4 6 8 10 12 14 16 18 20 22 24 26 30 32 33

If you answered True to 10 or more of these items, you probably perceive yourself as being in a thriving relationship.

If you answered True to 4-9 items, you have some important resources, and you might be content in your relationship, but you probably experience it as somewhat less than thriving.

If you answered True to 0-3 items, you likely do not feel happy in your relationship, and you have opportunities to develop more relationship skills and resources.

The following items suggest that you see yourself and your relationship in a negative light, or that you see yourself as not having certain skills and resources that are important to a thriving relationship. The questions you answered True to are in Blue:

1 3 5 9 11 13 15 17 19 21 23 25 27 28 29 31

If you answered True to none of these items, you probably perceive yourself as having a thriving relationship. If you answered True to 1-3 of these items, you may perceive yourself as being in a thriving relationship, but you see a few rough spots to be worked out.

Items shown in bold red suggest major issues that will likely require attention in order for your relationship to continue.

If you answered True to 4 or more items, you likely do not feel happy in your relationship, and you have several issues, problems, or complaints that may threaten the future of your relationship.

The following items suggest that you see your partner in a positive light, or that you see him or her as having skills and resources that are important to a thriving relationship. The questions you answered True to are in Blue:

35 37 39 41 43 45 47 49 51 53 55 57 59 61 63 66 67 69

If you answered True to 12 or more of these items, you probably perceive yourself as being in a thriving relationship.

If you answered True to 4-11 items, you experience your partner as having some important qualities and resources, and you might be content in your relationship, but you probably experience it as somewhat less than thriving.

If you answered True to 0-3 items, you likely do not feel happy in your relationship, and you see your partner as lacking the qualities and skills to yield a thriving relationship.

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The following items suggest that you see your partner in a negative light, or that you see him or her as lacking skills and resources that are important to a thriving relationship. The questions you answered True to are in Blue:

34 36 38 40 42 44 46 48 50 52 54 56 58 60 62 64 65 68

If you answered True to none of these items, you probably perceive yourself as having a thriving relationship, and you see your partner in a very positive light. If you answered True to 1-3 of these items, you may perceive yourself as being in a thriving relationship, and you may experience your partner as fairly supportive, but you see a few rough spots to be worked out.

Items shown in bold red suggest major issues that will likely require attention in order for your relationship to continue.

If you answered True to 4 or more items, you likely do not feel happy in your relationship, and you have several issues, problems, or complaints that may threaten the future of your relationship.

At Focus On Relationship™, we have found that the two most important qualities of a thriving relationship are Truth and Responsibility.

The following items are related to Truth. The questions that you answered True to are in Blue:

14 18 20 26

The questions you answered False are in Blue:

7 19 31 46 64

If the total of Blue items is 4 or more, you and your partner probably share a generally open and truthful relationship, in which there is space for each of you to safely share your feelings. If the total of Blue items is 0-3, your relationship is likely challenged by mistrust, concealment, and a lack of authentic expression of feelings. Every single item that is not Blue probably suggests something significant to explore as an opportunity to improve your relationship.

The following items are related to Responsibility. the questions you answered True to are in Blue:

12 33 55 61 69

The questions you answered False are in Blue:

3 13 17 29 34 36 38 44 52 54 60 62 68

Again, every single item that is not Blue probably suggests something significant to explore as an opportunity to improve your relationship.

If the total of Blue items is 8 or more, you probably experience yourself and your partner as taking responsibility to communicate your needs and "own" your feelings.

If the total of Blue items is less than 8, you are likely experiencing challenges in taking responsibility.

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Items shown bold Red deserve special attention, as they suggest issues that, if not addressed, may threaten the future of your relationship.

Other essential qualities of a thriving relationship are Communication, Optimism, Flexibility, and Equanimity (satisfaction with or acceptance of life situation).

The following items suggest good Communication:

True: 6 14 16 20 26 32 51 53

False: 1 3 7 19 31 64

If you got 10 or more, you and your partner are probably quite skilled at communicating with one another. Less than 10 suggests a significant opportunity to improve your communications. Once again, any item not that is not Blue probably suggests something significant to explore as an opportunity to improve your relationship.

The following items are related to Optimism.

True: 4 8 26 30

False: 11 13 15 21 23 25 28 42

If you got 8 or more, you are fairly optimistic about your relationship, with scores higher than 8 obviously suggesting more optimism. Scores lower than 8 suggest that you may have a negative or pessimistic outlook on your relationship. Each item that is not Blue suggests something to explore as an opportunity to improve your relationship.

The following items are related to Flexibility.

True: 12 22 32 53 61 69

False: 7 17 40 44 48 56 60 62

If you got 10 or more, you are likely experiencing a healthy level of flexibility in your relationship. Scores lower than 10 suggest opportunities to explore ways that you or your partner might shift into a more flexible way of being with one another.

The following items are related to Equanimity, acceptance, or life satisfaction.

True: 2 4 24 30 35 37 39 41 43 45 47

False: 7 11 13 21 23 25 28 29 42

If you got 15 or more, you are likely experiencing a healthy level of equanimity and satisfaction in your life, both in and out of your relationship. Life satisfaction outside the relationship is important because it relieves the burden on the relationship to excessively fulfill one's needs. Scores lower than 15 suggest significant opportunity to uplevel one's equanimity and life satisfaction.

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