

## Clevedon Counselling and Coaching Relationship Health Check

**Rate yourself by making a mark in the appropriate column. 1 is for poorest score and 6 for the best.**

Score	1	2	3	4	5	6
<b>Leisure time</b>						
We spend enough time together as a couple in social activities and recreation						
This time is enjoyable						
Neither of us objects to the others independent social life and interests						
We share and accept each others ideas about leisure activities						
<b>Sex</b>						
For my part I think our sexual life is good						
I believe my partner thinks the same						
We can discuss our sexual feelings and needs frankly together						
<b>Money</b>						
We have worked out a satisfactory budget or management system						
I am satisfied we manage as well as we can on our income						
We can discuss money matters comfortably						
We consider each others wishes on how money should be spent						
Our income supplies our basic needs and leaves some for enjoyment						
<b>Partners Family</b>						
My partners family is not a source of friction or argument						
His / Her relatives cause no problems						
We accept each others relatives sufficiently						
We enjoy being with at least some of the relatives						
We can talk about our relatives without becoming angry						
<b>Role expectations</b>						
We have a fair balance of privileges and responsibilities in our relationship						
My partner meets my expectations						
I'm happy with the organisation & structure of time, work and responsibility						
<b>Child rearing (if relevant)</b>						
Our family recreation includes enough activity with the children						
We agree on methods of child discipline						
We share equally in making rules for children						
We both enforce these rules fairly						
Our children feel free to discuss anything with either of us						
As a family we feel free to discuss any subject						
Column Totals						
<b>Total</b>						

Total your score by adding up the value of marks you have made. Now compare these with the score of your partner.

- If your scores vary by more than 30 points you are not communicating.

Then compare each of your scores for individual items.

- If you vary more then 2 points from each other you are not tuned in to each other in that particular area.

If your score is:-

51 – 70, emergency repairs are needed.

71-90, you really need a tune up.

91-110, you are satisfactory but ho hum, so could do with a tune up.

111-130 you are doing well, take the check 3 monthly to monitor your relationship.

131 + you may want to wait 24 hours and retake the test – this mood may not last !