

# RELATIONSHIP SELF-ASSESSMENT

**INSTRUCTIONS:** This self-assessment is a measurement of how you believe you relate to others, and what you see as your own relationship strengths and opportunities for improvement. This self-assessment is confidential so please be as honest as possible. Rate yourself using the scale provided. Please answer all 30 questions so an overall score may be calculated.

Use a No. 2 Pencil, Blue or Black Ink Only

Correct mark:    Incorrect marks:

Strongly Agree  
Agree  
Undecided  
Disagree  
Strongly Disagree

## Others:

- 1. I get along with others.
- 2. Others would want me for a friend.
- 3. I can talk well with others.
- 4. When I am with others, I want some say in what we do.
- 5. I trust other people.

## Family:

- 6. I spend time with my family.
- 7. I get along well with my parents/brothers/sisters/guardian (if you have them).
- 8. I get along well with my extended family (uncles, aunts, grandparents, cousins etc.)(if you have them)
- 9. All of my family members like me.
- 10. I am proud of my family.

## Friends:

- 11. I have close friends.
- 12. My friends help me to become a better person.
- 13. My family likes my friends.
- 14. My friends accept me for who I am.
- 15. My friends can trust me.

## Internal Self:

- 16. I don't spend too much time alone.
- 17. I don't always need to be in control.
- 18. I try to think about what's right before I say or do something to others.
- 19. I say what is on my mind.
- 20. I have no bad feelings toward anyone or any group.

## External Self:

- 21. People listen to what I have to say.
- 22. People will open up to me.
- 23. I give others courtesy and respect.
- 24. I try to tell others when they look nice or did something good.
- 25. I am friendly.

Please continue on other side...

**Relationships:**

	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree	
26. I know what I want to get out of a relationship.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	■
27. I do my share to make my relationships work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	■
28. If I have a problem with someone, I try to work it out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	■
29. I am learning how to make my relationships work better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	■
30. Overall I am happy with all of my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	■

THANK YOU FOR FILLING OUT THIS FORM

SAMPLE