

## Dr. Dina Bachelor Evan - Relationship Evaluation

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

### (1) Evaluating The Relationship

1. We are accepting of each others differences	A	B	C	D	F
2. We contain and express anger safely	A	B	C	D	F
3. We share at deep intimate levels	A	B	C	D	F
4. We cooperate/share household tasks	A	B	C	D	F
5. We agree on integrity and principle issues	A	B	C	D	F
6. We agree on financial issues	A	B	C	D	F
7. We enjoy being alone together	A	B	C	D	F
8. We encourage independence and separate time	A	B	C	D	F
9. We encourage the fulfillment of individual goals	A	B	C	D	F
10. We share spiritual awareness'/activities	A	B	C	D	F
11. Participate in mutual spiritual growth activities	A	B	C	D	F
12. We take time for each other as priority	A	B	C	D	F
13. We are comfortable with silence/not doing	A	B	C	D	F
14. Our relationship is sexually satisfying	A	B	C	D	F
15. Our relationship is emotionally satisfying	A	B	C	D	F
16. We celebrate special occasions without stress	A	B	C	D	F
17. We take risks in sharing our feelings	A	B	C	D	F
18. We face and discuss disappointments together	A	B	C	D	F
19. We yield willing to each other	A	B	C	D	F
20. We are not threatened if we feel differently	A	B	C	D	F
21. Taking space is never a problem	A	B	C	D	F
22. People feel they can come to us for support	A	B	C	D	F
23. We are openly affectionate	A	B	C	D	F
24. We each take responsibility for our own health	A	B	C	D	F
25. Does not use substance or anger to distance	A	B	C	D	F

### (2) Evaluating My Partner

1. Offers to help with responsibilities	A	B	C	D	F
2. Is willing to yield control/decision making power	A	B	C	D	F
3. Is emotionally connected to me/relationship	A	B	C	D	F
4. Offers suggestions without criticism	A	B	C	D	F
5. Is faithful emotionally/sexually	A	B	C	D	F
6. Is dependable and stable	A	B	C	D	F
7. Gives me space when I need it	A	B	C	D	F
8. Is not jealous or suspicious	A	B	C	D	F
9. Laughs with me/Has sense of humor	A	B	C	D	F
10. Gives sincere, authentic compliments	A	B	C	D	F
11. Honors our confidentiality	A	B	C	D	F
12. Listens well. Is energetically connected	A	B	C	D	F
13. Is sexually responsive and attentive	A	B	C	D	F
14. Is verbally kind hearted/ affectionate	A	B	C	D	F
15. Offers the kind of support I need	A	B	C	D	F
16. Makes me feel loved/appreciated	A	B	C	D	F
17. Makes me/ relationship a priority	A	B	C	D	F
18. Embraces family rituals/ responsibilities	A	B	C	D	F
19. Is committed to spiritual growth	A	B	C	D	F
20. Compromises/negotiates when we disagree	A	B	C	D	F
21. Does not use control, manipulation, shaming	A	B	C	D	F
22. Is committed to on-going emotional growth	A	B	C	D	F
23. Can apologize/ Own mistakes	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

**(1) Evaluating Myself**

1. I often offer to help	A	B	C	D	F
2. I am willing to yield control/decision making	A	B	C	D	F
3. I am emotionally connected to mate /relationship	A	B	C	D	F
4. I offer suggestions without criticism	A	B	C	D	F
5. I am faithful emotionally/sexually	A	B	C	D	F
6. I am dependable and stable	A	B	C	D	F
7. I give mate space when s/he needs it	A	B	C	D	F
8. I am not jealous or suspicious	A	B	C	D	F
9. I laugh/ I have sense of humor	A	B	C	D	F
10. I share spiritual awarenesses	A	B	C	D	F
11. I suggest mutual spiritual growth activities	A	B	C	D	F
12. I honor our confidentiality	A	B	C	D	F
13. I am comfortable with silence/not doing	A	B	C	D	F
14. I am sexually responsive/giving	A	B	C	D	F
15. I offer the kind of support needed	A	B	C	D	F
16. I make relationships a priority	A	B	C	D	F
17. I embrace family rituals / responsibilities	A	B	C	D	F
18. I face and discuss disappointments/feelings	A	B	C	D	F
19. I am committed to spiritual growth	A	B	C	D	F
20. I am not threatened if we feel differently	A	B	C	D	F
21. I can apologize/Own my mistakes	A	B	C	D	F
22. I am committed to on-going emotional growth	A	B	C	D	F
23. I am openly affectionate	A	B	C	D	F
24. I do not use control, manipulation, shaming	A	B	C	D	F
25. I do not use substance or anger to distance	A	B	C	D	F

**Comments & Steps I Can take to Create More Conscious Relationship**

1. How I can become more open-minded
2. How I can begin working on my own fear and issues
3. How I can demonstrate trust for myself and my partner
4. How I can stop the self-defeating patterns of my family of origin
5. How I can begin a shared spiritual process
6. How I can begin to deepen communication
7. How I can establish or reestablish trust
8. How I can demonstrate deeper appreciation
9. How I can kindly establish healthier boundaries
10. How I can find new ways to express my love