

Carol A. Anderson, MS, MFT

Licensed Marriage & Family Therapist

8483 N. Millbrook Avenue, Suite #101

Fresno, CA 93720 – (559) 487-2444

www.acenter4growth.com

How Committed is our Relationship?

Please rate each statement below on a scale of 0 - 5 for yourself and also, for your partner.

- | Me | Partner | |
|-----|---------|---|
| ___ | ___ | 1. We have made a formal commitment to each other and our relationship, and we can both name the specific date, time and place it occurred. |
| ___ | ___ | 2. I am clear what my own Requirements, Needs and Wants are in a relationship. |
| ___ | ___ | 3. I am clear what my Partner's Requirements, Needs and Wants are in a relationship. |
| ___ | ___ | 4. I meet my partner's Requirements and Needs and work hard on cooperating with his/her Wants. |
| ___ | ___ | 5. I share lovingly, openly and honestly about my feelings and issues rather than detouring and sabotaging our intimacy. |
| ___ | ___ | 6. I do not participate in emotional or physical affairs, addictions, or any form of verbal or physical abuse. |
| ___ | ___ | 7. I do not think of Divorce/Separation as an option and I never threaten breaking up or tell my partner to leave. |
| ___ | ___ | 8. I do my part to keep my partner physically and emotionally safe at all times. |
| ___ | ___ | 9. I never think of suicide as an option for me. |
| ___ | ___ | 10. I am willing to do whatever hard work it takes to make this relationship successful! |

TOTALS:

___ ___ Add scores together: ___

Score:

80-100 – Congratulations! Your relationship is extremely committed and has a great probability of success! Keep working on it!

60-80 – Your relationship is strongly committed, although you have room for improvement. Work on those areas you need to strengthen, while maintaining your current strengths.

Below 60 – Your relationship appears not to be very committed. If you have not yet married, you may want to do Pre-commitment work. If you are already married, it is important to address your commitment issues immediately or your relationship is in danger of not overcoming problems!