

RELATIONSHIP HEALTH INVENTORY

INSTRUCTIONS: This inventory aims to assess the overall health and quality of your current romantic relationship with your partner. Please read each statement carefully and select the response that best reflects your feelings and experiences in your relationship.

Scoring: For each statement, circle the number that corresponds to your response.

1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree.

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|---|---|---|---|---|---|
| 1. I feel emotionally connected and close to my partner. | 1 | 2 | 3 | 4 | 5 |
| 2. We communicate openly and effectively with each other. | 1 | 2 | 3 | 4 | 5 |
| 3. I trust my partner, and they trust me in return. | 1 | 2 | 3 | 4 | 5 |
| 4. We handle conflicts and disagreements in a respectful and constructive manner. | 1 | 2 | 3 | 4 | 5 |
| 5. I feel supported and understood by my partner in times of need. | 1 | 2 | 3 | 4 | 5 |
| 6. Our relationship is characterized by mutual respect and appreciation. | 1 | 2 | 3 | 4 | 5 |
| 7. We share common interests and activities that bring us closer together. | 1 | 2 | 3 | 4 | 5 |
| 8. We have a healthy balance of independence and togetherness in the relationship. | 1 | 2 | 3 | 4 | 5 |
| 9. I feel secure and confident in the commitment of my partner to the relationship. | 1 | 2 | 3 | 4 | 5 |
| 10. We support each other's personal growth and goals. | 1 | 2 | 3 | 4 | 5 |

11. I feel comfortable discussing my needs and concerns with my partner.	1	2	3	4	5
12. Our relationship brings joy and happiness into my life.	1	2	3	4	5
13. We make time for each other and prioritize our relationship.	1	2	3	4	5
14. I feel valued and appreciated by my partner.	1	2	3	4	5
15. Our relationship is fulfilling and satisfying overall.	1	2	3	4	5

Scoring: Add the scores for all 15 items to obtain your total score.

Interpretation: Calculate the average score for each of the four areas (Cognitive, Emotional, Behavioral, and Social) by adding the scores for the relevant items and dividing by the number of items. Higher scores indicate better mental health and wellbeing in that area.

Please note that this inventory is for informational purposes only and is not a substitute for a comprehensive mental health assessment conducted by qualified professionals. If you have concerns about your mental health or well-being, consider seeking support from mental health professionals or support organizations.

Let us know how you scored on this checklist!