



# Relationship test

Take the temperature of your relationship



# Welcome!

This test is a free, anonymous, self-scoring and self-evaluated. It may not be copied or distributed, but can be [downloaded](#) for free from Parterapi-parterapeut.dk. It is a mini quick-test. If you are interested in further insight, development and change, please read more in English on [Parterapi-parterapeut.dk](#) or call +45 61661900 to book a consultation. Parterapi-parterapeut.dk offers both consultations at the office in Copenhagen and on [Skype](#).

You can take the test in order to take the temperature of your relationship or in case of considerations about couples therapy. With the focus you create from the test, we can directly work on specific problems and goals for development and change at the first consultation - the test may not be used in other client settings. Be aware that whatever you plan and prepare for, it is most likely to be much different, once you meet in the consultation. The test cannot say whether you should seek therapy; it is your choice and responsibility. As a couple you can in principle need therapy, whether only one or both of you want it. If only one of you want therapy, you are welcome alone and it can even be beneficial for both you and the relationship.

In the test you will find a number of areas and factors in the relationship, which both can have an individual and a common aspect. Consider thoroughly each factor from a personal and a general perspective. You score on a scale from 1 to 8, where 1 is highest/most satisfied. Once you have decided, make a circle around the number. When all the factors are scored, drag a vertical line through your scores so that you form a graph.

You can use the test in several ways: 1) You can use it before dating. 2) You can use it as a tool for dialogue after your first date. 3) If you are in a relationship, you can choose both to score the status of your relationship right now (as is) and how you want it to be (to be). Use two types of lines to connect the dots, so you can see the difference. If you do the test together with your partner, it is important that you coordinate how you fill it out. 4) If you are newly divorced, you

can do the test retrospectively on your last relationship, in order to create insight and learning points. Parterapi-parterapeut.dk offers therapy and has clients within all three groups.

The test itself is only a support and thus secondary. It is you as a couple including the reflection, dialogue and process that is primary. So when you have completed the test, discuss why each of you have scored as you have, what the individual factors means to you and which factors you are satisfied and dissatisfied with. When you arrive at a common focus you can decide strategy and actions.

It is important that you do not just stay in the surface, but get to the core – in a loving, practical and constructive manner. This may in itself be difficult and it may further be difficult to both be in process and to facilitate the process. It can also be challenging and confrontational both to score the test, to see the results (yours and your partners), to reflect and to talk about them. If you run into difficulties or get stuck, you are welcome to book a consultation at Parterapi-parterapeut.dk on +45 61661900; for professional help in English, French, German or Danish/Swedish/Norwegian – individual psychotherapy, premarital therapy, couple checkup, family therapy, couples therapy, couple counselling, imago therapy and sex therapy plus treatment of alcohol problems, co-dependency, adult children of alcoholics, attachment problems, stress, grief, anxiety and depression.

The Relationship Test © is protected by law of copyright and may not be copied or distributed. It can free of charge be downloaded from the website. So if your partner wants the test, please send a link to the website. The test is voluntary and the therapy is not conditioned by it. The test incl. completion, interpretation, application and any decision or reaction is your responsibility and risk incl. transmission of data / files / mails - directly and indirectly. The test may only be used by adults and it may not be used in any process at other therapists, coaches or consultants etc.

## Your relationship

	😊			😐			☹️		
How satisfied are you with your relationship	1	2	3	4	5	6	7	8	
How satisfied are you with your partner	1	2	3	4	5	6	7	8	
How satisfied are you with yourself	1	2	3	4	5	6	7	8	
How satisfied are you with your common vision	1	2	3	4	5	6	7	8	
How good are you two at being sweethearts	1	2	3	4	5	6	7	8	
How good are you two at being best friends	1	2	3	4	5	6	7	8	
How satisfied are you with the social life/activities	1	2	3	4	5	6	7	8	
How good are you two with confidence/openness/trust	1	2	3	4	5	6	7	8	
How satisfied are you with closeness/intimacy/sex life	1	2	3	4	5	6	7	8	
How satisfied are you with the commitment of you both	1	2	3	4	5	6	7	8	
How satisfied are you with your dwelling situation	1	2	3	4	5	6	7	8	
How satisfied are you with economy and jobsituation	1	2	3	4	5	6	7	8	
How satisfied are you with the prioritization of time	1	2	3	4	5	6	7	8	
How satisfied are you about children/family	1	2	3	4	5	6	7	8	
How satisfied are you about chores/housework	1	2	3	4	5	6	7	8	
How satisfied are you with your both health/lifestyle	1	2	3	4	5	6	7	8	
How satisfied are you with the level of conflict	1	2	3	4	5	6	7	8	
How good are you at communicating/sharing	1	2	3	4	5	6	7	8	
How good are you at balancing expectations	1	2	3	4	5	6	7	8	
How good are you at solving problems/conflicts	1	2	3	4	5	6	7	8	
How good are you at decisions, execution and evaluation	1	2	3	4	5	6	7	8	
How good are you at personal feedback	1	2	3	4	5	6	7	8	
To what degree can you both be yourself in the relationship	1	2	3	4	5	6	7	8	
To what degree do you feel secure/safe in the relationship	1	2	3	4	5	6	7	8	
To what degree do you feel equal in the relationship	1	2	3	4	5	6	7	8	
To what degree is there a need for change	1	2	3	4	5	6	7	8	
How big is your motivation/energy for change	1	2	3	4	5	6	7	8	
How strong is your determination/commitment to change	1	2	3	4	5	6	7	8	
How big is your motivation for couples therapy	1	2	3	4	5	6	7	8	
How great is your optimism for the success of change	1	2	3	4	5	6	7	8	

## Emotional life in the relationship

Three repetitive positive feelings:

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Three repetitive negative feelings:

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## Regarding you (A) and your partner (B)

	A	B
Lies/fraud/criminality/convictions		
Mistrust/ jealousy/infidelity		
Threats/violence/damage of goods		
Overspending/debt/indebtedness		
Alcohol/other/dependency/co-dependency		
Stress disorder(stress/burnout)/crisis/choc/trauma		
Loss/death/suicide/abortion/fertility treatment		
Illness/defects/handicap/psychological problems(e.g. anxiety/depression)/diagnoses		
Previous/present treatment physical/psychological/medication		
Previous/present long-term (4/+ weeks) sick leave		
Firing/unemployment/untenable job situation		

## Reflections (use e.g. the backside for notes)

1. What makes me happy and what makes my partner happy:
2. What do I e.g. do to get and give love and what my partner e.g. do to get and give love:
3. What do I like and respectively dislike about my self:
4. My (impulses, inner dialog and) reactions, when I feel criticised, rejected or not loved:
5. What do I like and respectively dislike about my partner:
6. My partners reaction, when my partner feel criticised, rejected or not loved:
7. We typically quarrel/discuss (alternatively, we repress) about:
8. Our quarrels/discussion (alternatively, we never fight, but instead ...) often ends by:
9. What I fear/avoid in the relationship and my behaviour:
10. What I cannot live without:
11. What I want more of:
12. What I want less of:
13. What needs to stop/be finished:
14. What needs to begin/be initiated:
15. In which ways can couples therapy help me/my partner/our relationship:
16. Special expectations about the couples therapy and the role of the couples therapist:
17. What objectives do I want to set for my couples therapy:

# About couples therapy

## What now?

With this quick-test you now have taken the temperature of your relationship. Now you may have some questions and awareness about some problems or potential areas of development. In this way you create focus for your process. If you want support for your dialogue and process, please call +45 61661900.

## Concept for couples therapy

Start with a single session and then continue with a short and intensive process of five consultations. That does it for about 80 per cent of the clients. They progress from crisis to stabilisation - and many quickly to development. Hereafter there are several possibilities. Parterapi-parterapeut.dk offers e.g. healing, improving and retaining processes of imago therapy and sex therapy.

## More information in English

[www.parterapi-parterapeut.dk/copenhagen-couplestherapy-couplestherapist.html](http://www.parterapi-parterapeut.dk/copenhagen-couplestherapy-couplestherapist.html)

## About online consultation

[www.parterapi-parterapeut.dk/onlineconsultation-couplestherapy-couplestherapist.html](http://www.parterapi-parterapeut.dk/onlineconsultation-couplestherapy-couplestherapist.html)