

Relationship Self-Assessment Scorecard



Date: _____

Love Assessment

Affection: Score: ____/10
Communication: Score: ____/10
Support: Score: ____/10
Surprises: Score: ____/10
Quality Time: Score: ____/10
Listening: Score: ____/10
Respect: Score: ____/10
Appreciation: Score: ____/10
Forgiveness: Score: ____/10
Intimacy: Score: ____/10

Trust Assessment

Honesty: Score: ____/10
Promises: Score: ____/10
Confidentiality: Score: ____/10
Reliability: Score: ____/10
Consistency: Score: ____/10
Transparency: Score: ____/10
Apologies: Score: ____/10
Boundaries: Score: ____/10
Jealousy: Score: ____/10
Trust Building: Score: ____/10

Growth Assessment

Self-Improvement: Score: ____/10
Feedback: Score: ____/10
Adaptability: Score: ____/10
Conflict Resolution: Score: ____/10
Empathy: Score: ____/10
Goal Alignment: Score: ____/10
Learning Together: Score: ____/10
Patience: (Score: ____/10
Self-Reflection: Score: ____/10
Encouragement: Score: ____/10

Results

a) Power Couples: High Level of Success (8-10)

b) Growing Couples: Moderate Level of Success (5-7)

c) Aspiring Couples: Low Level of Satisfaction (1-4)

Explanation of results will arrive in an email.