

Relationship Issues Self-Test

Is there a problem with a relationship?

Check all that apply.

Affection & Trust

- I doubt that there is still love or affection in our relationship.
- I doubt that there is still trust between us.
- I doubt that we still find each other attractive.
- We aren't really enjoying our time together, and times are rare when we getting along well or look forward to spending time together.
- We rarely signal fondness or affection towards each other.
- I'm not sure or doubt that we have a great deal in common.

Caress

- We rarely have physical contact (hugging, fondling etc.).
- We are rarely cuddling (anymore)
- We don't enjoy or act out endearment (anymore)
- We go separate ways most of the time.

Sexuality

- Sexual activities between us are rare/not anymore.
- Sexual activities feel awkward or feel like a fulfillment of a duty.
- Sexual activities are rarely/never satisfying, often problematic.
- Sexuality is a source of conflict between us.

Shared Interests

- We don't have shared interests, hobbies or philosophies of life.
- We share few/no aims in life, they aren't well-suited or incompatible (like one partner aiming at marriage and children, the other one doesn't).
- We aren't in agreement upon what we want to achieve and what we want to avoid in life.

Boundaries & Territories

- At least one of us doesn't have his/her own territory or the boundaries are unclear.
- Own territories aren't well-respected by one partner.

Solidarity & Reciprocity

- My partner is rarely present when I need him/her or I missed him/her previously in an important situation - and that bothers me.
- When I'm having difficult times, I often feel left to sort this out all by myself - and that bothers me.
- I feel like no one is supporting me and/or left alone when I'm under attack.
- I do not feel that I benefit from the relationship to the same extent as my partner does we still have a score to settle.
- At least one of us feels exploited and/or often misunderstood.

Power & Status

- In my opinion, there is often an imbalance in who makes decisions in our relationship.
- Usually, only one of us decides for both or makes important decisions alone - and that bothers me.
- Usually, I/he/she vastly decides alone over money, holidays, friends, child education, sexual activities - and that bothers me.
- I rarely feel able to tell my partner about my needs and desires, or I expect them to be rejected right away.
- Usually I have to make all important decisions on my own - and that bothers me.
- In our relationship, there is perpetual nagging or criticized in a negative way, I'm often nagging myself or we are mutually criticizing each other which often leaves a bad feeling behind.

Willingness to Forgive

- I'm not willing to forgive the wrongdoing of my partner or can't do for other reasons.
- I can't forgive how he/she treated me.
- I can't forgive that he/she wasn't there when I needed him/her.

Communications

- We can't discuss or just talk about irrelevant issues or ourselves.
- We're just talking at cross purposes / past each other anymore and/or it seems that there is nothing left to say most of the time.
- Our conversation almost only exists of problem talk and/or we often/always argue.
- We often have misunderstandings - to an extent that bothers me.
- I feel like we're not really listening each other anymore.
- We can just talk about commonplaces or I have to hold back important information to avoid risking arguments.
- I can't express my desires, needs and disappointments to a satisfying extent anymore.

Health

- One of us suffers from psychosomatic disorders (like stomach ache, tensions or headaches) because of the problems in our relationship.

Skeletons in the Closet

- An unresolved problem of our past is still putting a strain on us.
- There are problems with members of his/her family of origin or her/his circle of friends.

Although this, or no self-test, is conclusive, if your answers cause you to wonder about your relationship you should consider contacting an iTherapyRX counselor.