

Relationship Diagnostic questionnaire

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Report

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around the globe MySkillsProfile.com developed and publish the questionnaire and are the sole
suppliers of test materials and software.

Introduction

Good relationships are good for you. People in supportive, loving relationships are more likely to feel healthier, happier and satisfied with their lives and less likely to have mental or physical health problems. Most people know this instinctively and want to have a stable relationship but the statistics show that it is difficult to achieve. One in three first marriages ends in divorce as do two in three second marriages.

Recovery from a marital/relationship breakdown is usually slow. It often takes two to three years for a couple whose relationship has broken up to put their lives back together again. After splitting up, many people say they wish they hadn't. Four out of ten people regret their divorce five years later and say with hindsight that they think it could have been avoided. How could divorce have been avoided? In part, through better relationship management skills.

The Relationship Diagnostic Questionnaire assesses one partner's views and experience of the other partner's attitudes and behaviors in twelve areas. These cover four key factors:

Autonomy, control and commitment - do the partners give each other space and freedom in which to develop and are they prepared to work hard for a successful partnership?

Relatedness and communication - do the partners sense each other's feelings and emotions, do they get on well and do they communicate effectively?

Responsibilities, disagreements and conflict resolution - how effectively do the partners share responsibilities, how do they handle disagreements and how do they resolve conflict?

Attraction, affection, romance and sex - do the partners feel attracted to each other, is there affection and romance, and how successful is the sexual side of the relationship?

Taken alone, this questionnaire will give you an indication of the success of your partnership relative to other people's relationships. This is because we report back your responses in comparison to other people who have completed the questionnaire. The questionnaire is a more powerful development framework, however, when both partners complete it. You can then look at your assessments of each other, identify where there seem to be significant variations and use these to discuss how to make improvements.

Please be sensitive about how you use the information in this report to communicate any areas of dissatisfaction with the relationship to your partner. If you or your partner are feeling sensitive or emotional, or experiencing upsetting feelings, you are advised you to seek help from a counselor or mental health professional.

Please also keep in mind that this report has been generated by a computerized expert assessment system and substantially reflects the answers made by you. Due consideration must be given to the subjective nature of questionnaire-based ratings. We can accept no liability for the consequences of the use of this report and this includes liability of every kind for its contents.

Relationship Diagnostic Profile

The profile chart on the next page illustrates how you rated your partner on the dimensions assessed by the questionnaire.

You rated your partner as 8 or above on Autonomy, Control and Responsibilities. These are green flag areas on the profile sheet. They are the qualities that you most value in your partner. From your perspective, they are a source of strength and satisfaction in your relationship. Does your partner rate you as highly? If the answer is yes, then you should celebrate these qualities in your relationship. If the answer is no, then you have a role model to emulate.

You rated your partner as between 4 and 7 on Attraction, Romance, Sex, Conflict Resolution, Communication, Agreements, Commitment, Affection and Relatedness. These are amber flag areas on the profile sheet. These are areas of the relationship that you assess pretty positively. These mid-range scores suggest that you are as satisfied with these aspects of your relationship as the average person is. However, within this range, a score of 7 indicates that you value this quality pretty highly while a score of 4 indicates some level of dissatisfaction with your partner's attitudes and behavior.

Relationship Diagnostic Profile

Need to Work On		Scope for improvement					Strength	Dimension	Partner's Typical Behaviours	Desirable Qualities	
1	2	3	4	5	6	7	8	9	10		
.	<	...	>	.	Autonomy Allows you plenty of freedom, respects your need for occasional privacy, provides support, respects differences.	Patient, understanding, tolerant, supportive
.	<	...	>	.	Control Takes decisions with you, listens to your views and opinions, does not try to run the show in the relationship.	Positive, enthusiastic, attentive, accommodating
.	<	...	>	.	Responsibilities Does equal share of housework, values your contribution to the relationship, gives you extra support when you ask.	Conscientious, energetic, organized, supportive
.	<	...	>	.	.	Attraction Says he/she finds you physically attractive, compliments you about your looks, says you turn him/her on.	Charming, engaging, flirtatious, reassuring
.	<	...	>	.	.	Romance Buys you presents, remembers important events, talks passionately about your relationship.	Idealistic, amorous, romantic, passionate
.	<	...	>	.	.	Sex Enjoys having sex, is good lover, communicates desires, makes you feel wanted and loved.	Interested, responsive, communicative, loving
.	<	...	>	.	.	Conflict Resolution Accepts that it is okay to disagree, knows when to back off, forgives you quickly after arguments.	Patient, tolerant, flexible, emotionally intelligent
.	<	...	>	.	.	Communication Expresses feelings and emotions, listens to your views and opinions, gives you positive feedback.	Considerate, thoughtful, chatty, sincere
.	<	...	>	.	.	Agreements Agrees with you about priorities and lifestyle choices – for example, money, friends, leisure, in-laws etc.	Willing to compromise and negotiate, adaptable
.	<	...	>	.	.	Commitment Shows total commitment, acts if wants relationship to succeed, compromises to make things work.	Committed, hard working, unselfish, adaptable
.	.	.	.	<	...	>	.	.	.	Affection Displays affection and appreciation, is thoughtful and considerate, keeps promises and commitments.	Demonstrative, considerate, appreciative
.	.	.	.	<	...	>	.	.	.	Relatedness Senses your feelings, shows interest in concerns, acts like best friend, makes you laugh.	Warm, sensitive, understanding, fun-loving

Autonomy: Strength

In successful relationships, you find each partner gives the other freedom. The partners help each other to achieve their respective goals in life. Neither partner tries to impose his or her will on the other nor tries to change the other's personality. They respect each other's need to be alone at times.

You have given your partner a very positive assessment on this dimension. This seems to be a significant source of satisfaction for you. Only a minority of people who have completed this questionnaire express this level of satisfaction with their partner's attitudes and behaviors in this area. Clearly, you should be giving your partner very positive feedback about how much you value this aspect of his/her behavior. Do not take this for granted. If your partner's assessment of you is similarly positive, then you should celebrate these qualities in your relationship. If your partner's assessment of you is less favorable, then you have a role model to copy.

Control: Strength

In successful relationships, the partners share control, influence and decision making. In unequal partnerships, one partner wants to run the show in the relationship. That partner bosses the other around and has to be right about everything. The controlling partner makes decisions alone and ignores their partner's views and opinions. Control freaks make their partners unhappy because they prevent their partners developing and make them feel inconsequential.

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Responsibilities: Strength

In a successful relationship, the partners discuss and agree their respective roles and responsibilities and they share household work activities such as shopping, cooking and cleaning. This also applies to childrearing if the partners have children. Sharing means accepting influence and being prepared to adapt and change. In marriage, a husband's willingness to accept influence from his wife is crucial because women adapt for men.

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Attraction: Scope for Improvement

Physical attraction often brings people together initially but it is also important in keeping them together. Signs of mutual attraction are the partners feeling good in each other's company, fancying each other and admiring each other's positive qualities. If one partner does not find the other sexy, recoils at the sight of the other in the nude or makes them feel inadequate, then there is an attraction failure.

Your assessment of your partner resulted in a score of 7 on this dimension. This is a mid-range score bordering on a strength of the relationship from your perspective. About 70% of individuals who have completed the questionnaire score their partners in the range 4 - 7. About 15% obtain a score of 7. Although your partner has a mid-range score, it is on the high side pointing towards an area of harmony. Of course, there may be times or particular things that could make you even more satisfied. Explore any issues with your partner and reflect on how your own behavior affects the way your partner acts towards you.

Romance: Scope for Improvement

Is there romance in the relationship? If there is, the partners will be doing things like buying each other presents, talking about their love for each other and remembering and celebrating important events like birthdays and anniversaries. Making regular deposits into the romance account is important in sustaining a lifelong relationship.

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Sex: Scope for Improvement

If the sexual side of the relationship is strong, you will find the partners know how to turn each other on and satisfy each other's desires. They will have discussed their sexual preferences and they will make each other feel fulfilled and loved in bed.

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Conflict Resolution: Scope for Improvement

An important skill in having a stable long-term relationship is the ability to resolve conflict effectively. People in successful relationships learn how to recognize and manage each other's different emotional states. They know when to back off, they know how to recover things before they get out of control and they forgive each other quickly. The indicators of poor conflict resolution skills are the partners escalating arguments, lashing out at and letting disagreements continue for days or refusing to talk to each other afterwards.

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Communication: Scope for Improvement

Communication is the glue of a successful relationship. Good communication is apparent when the partners talk to each other regularly, they feel able to express their feelings and emotions, they listen to each other's problems and they give each other reassurance and positive feedback. Where communication is poor, you find the partners ignoring each other's need for attention or bickering, criticizing each other, holding back or venting their feelings.

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Agreements: Scope for Improvement

In stable relationships, the partners share an understanding about how they are going to live and operate together successfully. They also know how to manage disagreements that inevitably occur from time to time. In every relationship, people have disagreements, but in a relationship that is struggling, you will find the partners disagreeing regularly about a range of things – for example, money, friends, in-laws, childrearing and sex. Successful couples reduce disagreements by avoiding making provocative remarks when discussing difficult topics. They also know how to prevent a minor disagreement escalating into a row.

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Commitment: Scope for Improvement

The signs of commitment are being willing to work hard at the relationship, doing things to make your partner happy and being prepared to compromise to make the relationship work. Telling your partner regularly that you love him/her is a good signal of commitment. In successful relationships, the partners have high expectations of each other and do not tolerate poor behavior from one another.

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Affection: Scope for Improvement

People demonstrate affection for each other by being thoughtful and considerate and displaying non-verbal behaviors like holding hands and hugging and kissing. Where affection is absent, you find the partners being unkind to each other and maintaining a distance between each other. In a happy relationship, the partners make many positive statements to and about each other and their relationship. Relationships do best in rich positive climates.

Your assessment of your partner resulted in a score of 6 on this dimension. This is a mid-range score - about 40% of people rated by their partners get a score of 5 or 6. This suggests that you rate your partner as positively as the average person does on this dimension. In other words, you are reasonably satisfied a lot of the time but there are times when you feel very positive and times when you feel a bit negative. Talk to your partner about any issues and think about how you might change your own behavior to improve the situation for both of you.

Relatedness: Scope for Improvement

This dimension measures how close you feel to your partner. The signs of relatedness are the partners sensing each other's feelings and emotions, enjoying spending time together and making each other laugh. The partners act like best friends. Where there is a lack of relatedness, the partners get easily irritated with each other, they have totally different interests and there are preoccupied with themselves rather than each other.

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Feedback Advice

If you feel constantly dissatisfied about some aspect of your partner's attitudes or behavior towards you, then you need to find a way of telling your partner about it. In successful relationships, people have high expectations of each other. They do not tolerate poor behavior.

Tell you partner how you feel about things and how he or she could do things differently to make things better for you. Be sensitive about how you give feedback and explore your own behavior and how it might be contributing to the situation. Your partner will be able to handle negative feedback more easily if you also say nice things about the things you like in him or her at the same time.

If you and your partner have both completed the questionnaire, focus on one or two areas where there are the widest gaps. You need to see a difference of 3 points on the scale between your scores before you can conclude that there is a significant difference in your ratings of satisfaction of each other.

If you are experiencing real difficulties in the relationship, and you can't resolve these yourselves, it is a good idea to seek help early. Do not let things worsen. Many people who seek support from counselors often say that they wish they had sought help earlier.

In a heterosexual relationship, a critical factor is how far the man is prepared to change to accommodate their partner, because we know that women tend to be better at adapting their behavior for men.

Finally, remember the 5 Cs as the key to a successful relationship - Communication, Communication, Communication, Commitment and Conflict Resolution