

RELATIONSHIP ASSESSMENT TOOL

15 Building Blocks – How I Feel Treated

Period of time being assessed: _____

1 = Never 5 = All the Time

	In our relationship, the other person:	1	2	3	4	5
1	ACCOMMODATES me by being willing to compromise and make concessions.					
2	APPRECIATES me by showing gratitude for and recognition of what I do for him/her.					
3	Shows COMMITMENT to me by honoring pledges, bonds, vows, and agreements.					
4	COMMUNICATES thoughts, feelings, ideas, and relevant disclosures.					
5	Expresses DISCORD , e.g., anger, conflict, and frustration, in non-destructive ways.					
6	Shows EMPATHY by putting himself/herself in my shoes to understand what I am feeling.					
7	Sets EXPECTATIONS that are shared and practical.					
8	Shows FORGIVENESS with absolution, reconciliation, and contrition.					
9	Demonstrates HONESTY with truthfulness, integrity, and a lack of deceit.					
10	Shows KINDNESS with compassion, tenderness, patience, and consideration.					
11	Provides PREDICTABILITY so I know in advance with some surety what to expect.					
12	Shows RESPECT by making me feel I am held in high regard and with esteem; I am listened to carefully and thoughtfully.					
13	Gives me SPACE so I have the physical and emotional latitude to do things with others or alone.					
14	Demonstrates TRUSTWORTHINESS by always being truthful, reliable, and dependable; has my back.					
15	Acts on VALUES that are ethical, principled, and honorable.					

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