

# ASSESSING THE HEALTH OF A RELATIONSHIP

## Directions for Utilizing the Two Assessment Tools

As informative as it may be to list these 15 building blocks, the real value is in *applying* them—that is, in using them to assess the extent to which each is present or lacking in order for a specific relationship to feel healthy and satisfying.

To that end, I have created two tools that assess the impact of each of the 15 building blocks in a given relationship:

1. How I Feel Treated
2. How I Try to Treat the Other Person

### DIRECTIONS FOR UTILIZING THE TWO ASSESSMENT TOOLS

Here are directions for utilizing these two tools. (Copies of the tools follow the directions.)

1. **Select a relationship of interest to you.** This may be a relationship from your personal or professional life: one that you think is going well, one that is not going so well, or even a relationship that has ended.
2. **Make a copy of both tools** for the relationship you wish to assess—How I Feel Treated and How I Try to Treat the Other Person.
3. **Decide what period of time to use** for assessing the relationship, e.g., the last few years or the last few months, etc.
4. **Use a rating scale of 1 to 5**, where 1 indicates that the particular building block is “Never” present, 5 indicates that the particular building block is present “All the Time,” and 2, 3, or 4 indicate points in between.
5. **Find the appropriate point** on the scale.
6. **Mark each statement with an arrow** that shows the direction on the scale—either tending to be moving → up the scale (improving) or tending to be moving ← down the scale (declining). If the building block seems stable and not tending to move either up or down, simply put a checkmark ✓.
7. **Complete both tools for the relationship you are assessing:** *How I Feel Treated* and *How I Try to Treat the Other Person*.

### Example:

Period of time being assessed: June - August 2018      1 = Never   5 = All the Time

	<b>In our relationship, the other person:</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	<b>ACCOMMODATES</b> me by being willing to compromise and make concessions.			➔		
2	<b>APPRECIATES</b> me by showing gratitude for and recognition of what I do for him/her.				➔	