



The 7 Dimensions of Successful Relationships

Relationship Questionnaire

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What Makes a Relationship Great?

Have you, at some point, asked yourself one of these questions:

How do I make sure my relationship continues to be amazing?

How do I change my relationship from ok to great?

Something in my relationship isn't working, but I don't know what.

Relationships don't come with a manual or guide book! So, it's easy to get lost... Whether you want to secure your relationship or improve it, you first need to understand what makes a relationship really satisfying. Knowing that will help you recognize your strengths and identify your growth areas.

A great relationship is the result of having the right skills in a number of key areas: Commitment, Intimacy, Individuality, Communication, Passion, Teamwork, and Growth & Spirituality. Each dimension is important and adds to (or detracts from) your overall satisfaction.

This questionnaire helps you learn about your relationship and identify what makes it work and what could be improved. While you're asked to rate your relationship on these dimensions, the purpose of doing it is not to get a "good" or "bad" grade, but to **learn about your potential** and to encourage an open conversation with your partner.

Below you'll find a description of the seven dimensions of successful relationship. Each dimension is further broken down into three subcategories, described in terms of their ideal scenario.

For each subcategory, **read the description and rate how much this principle applies to your relationship currently**, on a scale of 1 ("Not at all") to 7 ("Very much"). Then, for your Total Satisfaction Score, add the totals for each dimension (out of 21). Use the "Notes" section to write down any thoughts or insights about areas of strength or points for discussion with your partner (see "Directions for Discussion" at the end of this questionnaire). Each partner should complete the questionnaire on their own and then use the discussion points as a guide for deeper conversation.

You don't need to get an ideal score for each category—if both of you are satisfied with where you stand in a particular area, nothing needs to be done about it!

6. Teamwork

A. Service: We take pleasure in doing things for one another and try to make things easier on each other. We are generous and don't engage in score keeping. We are sensitive to each other and can usually anticipate the other's needs.

1 2 3 4 5 6 7
Not at all Moderately Very much

B. Roles: We have clearly defined roles and responsibilities and have an easy flow together. We feel balanced and equal and respect each other's contributions. At the same time, if one of us needs help or support, the other immediately responds and fills in the gap.

1 2 3 4 5 6 7
Not at all Moderately Very much

C. Flexibility: When we disagree about how something needs to get done, we are open to exploring our values and perspectives and don't hold on to them in a rigid manner. We make space for each other's ideas around issues like money, kids, career, etc., and always strive for a win-win solution.

1 2 3 4 5 6 7
Not at all Moderately Very much

TOTAL SATISFACTION SCORE: TEAMWORK (A+B+C) = / 21

Our strengths in these areas:

My concerns in these areas:

7. Growth & Spirituality

A. Best self: We support each other in becoming our best selves. We tell the truth the way we see it, even if sometime that means challenging the other person. Through our relationship we help each other change and grow. We do our best to support each other's dreams and aspirations.

1 2 3 4 5 6 7
Not at all Moderately Very much

B. Vision & purpose: When it comes to the most important issues, we share the same values and vision for our life. We strive to live a life of purpose and engage in meaningful projects together. We talk about our spiritual beliefs and find ways to contribute to others' well-being.

1 2 3 4 5 6 7
Not at all Moderately Very much

C. Mystery: We believe that there is a greater context to why we are together, and we see each other as our teachers. We question our own ego and try to open up to something bigger than ourselves (in whatever way we define it). We try to accept and embrace whatever life brings to us.

1 2 3 4 5 6 7
Not at all Moderately Very much

TOTAL SATISFACTION SCORE: GROWTH & SPIRITUALITY (A+B+C) = / 21

Our strengths in these areas:

My concerns in these areas:

Scoring

Use the following scale to interpret your results for each dimension:

18-21 – Very high: Congratulations! This is one of your strengths as a couple and you are very satisfied with this aspect of your relationship.

14-17 – High: You're probably satisfied with this area and show low distress. Some points can be improved, but you are in a good place over all.

10-13 – Moderate: You are in the middle range for this dimension. You probably have some satisfaction and some frustration in this area. Talk with your partner and evaluate your key points for improvement and how important this dimension is for the two of you.

6-9 – Low: You show signs of moderate to high distress and dissatisfaction with this area of your connection. It's important to discuss your challenges in depth and come up with goals and steps to improve.

5 or lower – Very low: You show very high distress and lack in this area. It's likely that this also affects other areas of your life. It is crucial for you and your partner to spend time understanding this lack and how to create even small improvements.

Discussion Questions

Now's the time to talk about your insights with your partner. For best results, use the following guidelines:

- Set aside time to talk about things when you won't be interrupted.
 - Focus on understanding your partner's perspective, listen calmly, and ask questions to understand.
 - Accept that you might have different perspectives and they are both valid—so don't argue or try to prove your point.
1. Select two dimensions that you think are your strengths as a couple and discuss them with your partner. These are likely the dimensions with the highest scores, but they don't have to be—you can focus on areas that you find important and see strengths in. What's important for you about each dimension? What is it that you do as a couple that make it a strength? Try to be specific.
 2. Select two dimensions that you think are your growth areas. These are likely the lowest scored dimensions, but you can choose any areas that are important to you and where you see growth possibilities. Discuss with your partner specific actions or behavior changes you can make. Each partner should focus on what *they* can do rather than what the other person can do.

Additional questions:

3. Are the overall scores for each dimension relatively the same, or do you have different views on some of the dimensions? Discuss any areas of difference.
4. Which dimensions are most important to you, and which are less important?
5. For the areas you marked as areas of growth: do you know any couples (personally or not) who can serve as a role model in those areas? What can you learn from them?