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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 the 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!

## 1. Security

engagements. needs the other	We resolve er or is in dist nings that wil	issues b ress, we	etween us quicle make sure to r	kly and don espond imr	't let the nediatel	over other people or m linger. If one of us y. We don't share with important matters, we			
1 Not at all	2	3	4 Moderately	5	6	7 Very much			
other person for	<b>B. Security:</b> We feel safe with each other. We never threaten the relationship or make the other person feel insecure about our commitment. If an insecurity comes up, we make sure to reassure each other quickly. We have each other's back when dealing with any issue or person.								
1 Not at all	2	3	4 Moderately	5	6	7 Very much			
that we must c and we don't le upset or going	<b>C. Intention:</b> We are committed to making this relationship work, and understand that to do that we must continue to grow and learn. We know that relationships have ups and downs, and we don't let the downs affect our commitment. We act in a loving way even when we are upset or going through difficult time. Our connection is more important than being right or winning an argument.								
1 Not at all	2	3	4 Moderately	5	6	7 Very much			
TOTAL SATISFACTION SCORE: SECURITY (A+B+C) = / 21									
Our strengths in these areas:									
My concerns in	these areas:								

### 2. Connection

know exactly I	how to make and hug eac	each oth h other f	ner feel loved a	nd cherishe	d and th	at they are special in our like to have sex. We
1 Not at all	2	3	4 Moderately	5	6	7 Very much
from their pers	spective. We	know wl	nat causes ther	n to feel hur	t, angry	s and describe things , or disappointed. We make them feel better
1 Not at all	2	3	4 Moderately	5	6	7 Very much
with each other	er. We can sh e take an inte	nare fear erest in ι	s, doubts, and understanding h	insecurities	and kno	and vulnerable feelings bw that the other will and why and generally
1 Not at all	2	3	4 Moderately	5	6	7 Very much
TOTAL SATIS	SFACTION S	CORE: (	CONNECTION	(A+B+C) =_	<u>/ 21</u>	
Our strengths in	n these areas:					
My concerns in	these areas:					

## 3. Autonomy

are satisfyin	ng. We inve de betweer	est time in funding	both happy wi Ilfilling activities Is together and	, wheth	er it's career	or hobbies. W	e have a
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
(angry, sad, our own opi	afraid, etc nions ever	c.). We can so when they	h know how to stay calm even are different, a g or getting ang	when th	e other is in	distress. We c	an express
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
the power to our own stre	o influence engths and	the relation I weaknesse	each one of us ship. We know es. When some us on accepting	ourselve thing do	es well and esn't go we	each of us can II we first ask o	describe urselves,
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
TOTAL SAT	TISFACTIO	ON SCORE:	AUTONOMY (A	A+B+C)	= <u>/21</u>		
Our strengths	s in these a	reas:					
My concerns	in these ar	eas:					

## 4. Communication

and know wha	at's going on	in each		ere are no	secrets	vice. We check in between us, and	-
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
and can talk a the real issue:	about it effect s. We are res	ively. We spectful to	e don't get stuck	k over the s er and avoi	mall stu <sup>.</sup> d blamir	Iress that immed ff and can easily ng, name-calling,	identify
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
responding. Wwhose version	Ve respect th n is right. Sta	at the oth	ner might have	different pe important to	rception o us thai	each other befor is and don't argu n being right. If th t them.	e over
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
TOTAL SATIS	SFACTION S	CORE: (	COMMUNICAT	ION (A+B+0	C) = <u>/</u>	<u>21</u>	
Our strengths i	n these areas	:					
My concerns in	these areas:						

## 5. Passion

lovemaking. V	Vhen we hav to orgasm. V	ve sex w Ve value	e engage in tou	ich and <sup>:</sup>	foreplay for	its own sake, n nd enjoy activiti	ot just as a
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
experiences. We never crit	We are oper icize or shan	n about c ne our pa	ur needs, desir	es, and ng up a	fantasies, a	ring new ideas is well as our bo suggestion. W	oundaries.
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
in the other point fee	erson. When el desire in th	our part e mome	ner initiates sex	x, most o	of the time v	re and to awak ve respond to the d focus our des	nem, even
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
TOTAL SATIS	SFACTION S	SCORE:	PASSION (A+E	8+C) =_	/ 21		
Our strengths i	n these areas	::					
My concerns ir	n these areas:						

### 6. Teamwork

each other. V	Ve are ge	enerous and		score		to make things are sensitive t	
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
We feel balar	nced and	equal and re	•	ner's co	ntributions. A	e an easy flow At the same tim the gap.	•
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
exploring our	values a ch other's	nd perspecti	ves and don't h	nold on	to them in a	done, we are or ingid manner. Vector, and alway	Ve make
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
TOTAL SATI	SFACTIO	ON SCORE:	TEAMWORK (	A+B+C)	= /21		
Our strengths	in these a	reas:					
My concerns i	n these ar	eas:					

# 7. Growth & Spirituality

see it, even	if sometimether chang	e that mean	er in becoming s challenging the We do our bes	he other	person. Thr	ough our relati	onship we
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
and vision f	or our life.	We strive to	nes to the mos live a life of pu al beliefs and fi	rpose ai	nd engage ir	n meaningful pi	rojects
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
each other	as our tead ves (in wha	hers. We qu	is a greater co lestion our own re define it). We	ego an	d try to oper	up to somethi	ng bigger
1 Not at all	2	3	4 Moderately	5	6	7 Very much	
TOTAL SA <sup>-</sup>	TISFACTIO	ON SCORE:	GROWTH & SI	PIRITUA	ALITY (A+B+	-C) = <u>/21</u>	
Our strength	s in these a	reas:					
My concerns	s in these ar	eas:					

#### **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?