

RAQ

In every relationship, no matter how healthy or rewarding, couples cannot please each other all of the time. Even the ideal spouse makes mistakes, or has particular qualities, attributes or habits that are not necessarily beloved by his/her partner. Listed below are a series of statements about how this plays out in your own relationship. Using the scale below, please use the blank provided to write the number, on a scale from 1-5, that best expresses your level of agreement with each statement.

1	2	3	4	5
Strongly Disagree			Strongly Agree	
1. I feel like my partner accepts me as a person, “warts and all.”				
2. It feels like there are a lot of things that my partner wants to change about me.				
3. I frequently find myself thinking about things my partner does that I wish he/she would do differently.				
4. My partner is completely accepting of who I am, faults and mistakes included.				
5. It feels like I disappoint my partner a lot.				
6. I have a hard time getting over the times when my partner’s behavior disappoints me.				
7. My partner accepts my faults and weaknesses.				
8. My partner doesn’t call my attention to my weaknesses.				
9. If I could magically remove all of the painful experiences I’ve had in my relationship, I would.				
10. My partner doesn’t appreciate the “real me.”				
11. I struggle to get my frustrations and disappointments about my partner under control.				
12. My partner makes me feel that he/she doesn’t approve of me.				
13. I am comfortable just being myself around my partner.				
14. I have come to terms with things that once bothered or upset me in our relationship.				
15. When I am bothered by something about my partner, I can’t stop thinking about ways he/she could change.				
16. I wonder if my partner really likes me.				
17. When my partner disappoints me, I am able to let it go.				
18. I would be okay with it if my partner couldn’t change the things about him/her that bother me.				
19. My partner likes me for me.				
20. I often think about the problems my partner brings to the relationship.				
21. My partner always wants to change me.				
22. I don’t dwell on my partner’s weaknesses.				
23. My partner makes it clear he/she does not approve of me.				
24. I compare my partner to other individuals in order to figure out what is acceptable.				
25. I’m happy with my partner the way he/she is.				
26. I am able to take the bad with the good in my relationship.				