

Relationship Psychology Test

Name: _____ Age: _____ Date: _____

This Relationship Psychology Test is designed to help mental health professionals assess the dynamics, strengths, and areas of improvement in a patient's intimate and familial relationships.

Please answer the following questions based on your current feelings and experiences in your relationship(s). Use the scale provided for each question, where 1 = Strongly Disagree, and 5 = Strongly Agree.

Question	1	2	3	4	5
I feel emotionally connected to my partner/family member.					
I feel heard and understood in my relationship.					
I find it easy to share my true feelings with my partner/family member.					
Conflict is resolved in a healthy and productive manner in our relationship.					
I am satisfied with the level of intimacy in our relationship.					
My partner/family member and I share common goals and values.					
I feel supported in pursuing my personal goals and interests.					
I trust my partner/family member completely.					
Our relationship positively contributes to my mental health.					
I feel that my needs are being met in this relationship.					
Total score:					

Reflection

Reflect on your responses and describe any thoughts or feelings that arose during this test. Consider areas of strength and aspects that might require attention or improvement.

Notes from your mental health professional