

Relationship Psychology Test

Name: Rob Carson Age: 66 Date: Feb 9, 2024

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. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel heard and understood in my relationship. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| I find it easy to share my true feelings with my partner/family member. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Conflict is resolved in a healthy and productive manner in our relationship. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am satisfied with the level of intimacy in our relationship. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| My partner/family member and I share common goals and values. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel supported in pursuing my personal goals and interests. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I trust my partner/family member completely. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Our relationship positively contributes to my mental health. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel that my needs are being met in this relationship. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Total Score: | 17 | | | | |

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. Filling out this test has been a sobering experience. It's made me reflect on the distance that's grown between my son and me. I realize that my past harshness has led to a lot of repressed resentment on his side, and now I feel like he's icing me out. It hurts to acknowledge this gap, especially since I see now how hard it is for me to express my feelings and for us to resolve conflicts. It's clear we need to work on our communication and find a way to rebuild trust.

Notes from Your Mental Health Professional

Harold, your insights into your relationship with your son are an important first step towards healing. Your willingness to recognize the impact of past actions and the current state of your emotional connection is commendable. It may be beneficial to explore strategies for opening lines of communication with your son, addressing past grievances, and working towards reconciliation. Developing new ways to express your feelings and actively listening to his may help mend your relationship.