

Relationship Health Self-Assessment Questionnaire

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Reflecting on connection, communication, and intimacy |
Transcend Psychological

Healthy relationships are built on more than love — they require trust, communication, emotional safety, and compatible expectations around intimacy. This questionnaire invites you to reflect honestly on the current state of your relationship across several key areas.

This tool is not a substitute for couples therapy or professional assessment. If you identify areas of concern, speaking with a registered psychologist or therapist is strongly encouraged.

Section 1: Emotional Connection & Safety

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
1. I feel emotionally safe and understood by my partner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. We can disagree without it escalating into something hurtful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree

3. I feel genuinely valued and appreciated in this relationship.



Strongly Disagree Disagree Unsure Agree Strongly Agree

4. I trust my partner fully — emotionally and physically.



Strongly Disagree Disagree Unsure Agree Strongly Agree

5. I feel free to be myself without fear of judgment or rejection.



Section 2: Communication

Strongly Disagree Disagree Unsure Agree Strongly Agree

6. My partner and I can discuss difficult topics without shutting down.



Strongly Disagree Disagree Unsure Agree Strongly Agree

7. I feel heard and validated when I share something that bothers me.



Strongly Disagree Disagree Unsure Agree Strongly Agree

8. We can talk about sex and intimacy openly and without shame.



Strongly Disagree Disagree Unsure Agree Strongly Agree

9. I rarely feel like I have to walk on eggshells around my partner.



Strongly Disagree Disagree Unsure Agree Strongly Agree

10. When there is a problem, we work together to resolve it.



Section 3: Intimacy & Physical Connection

Strongly Disagree Disagree Unsure Agree Strongly Agree

11. I feel physically desired and attractive to my partner.



Strongly Disagree Disagree Unsure Agree Strongly Agree

12. Our sexual relationship feels balanced, consensual, and enjoyable.



Strongly Disagree Disagree Unsure Agree Strongly Agree

13. There is sufficient non-sexual affection and physical closeness.



Strongly Disagree Disagree Unsure Agree Strongly Agree

14. My partner is responsive to my needs and boundaries during sex.



Strongly Disagree Disagree Unsure Agree Strongly Agree

15. I am generally satisfied with the frequency and quality of our sex life.



Section 4: Open Reflection

16. What is working well in your relationship right now?

17. What is one area you would most like to see change or improve?

18. How does your relationship dynamic affect your experience of sex or intimacy?

Reflecting on your answers: Questions where you answered Disagree or Strongly Disagree may indicate areas worth exploring further. Relationship health is not static — many couples experience periods of disconnection that improve significantly with intentional effort or professional support.

Is your relationship affected by sexual pain?

Module 4 of the Sexual Pain Workshop focuses entirely on how to communicate about pain with a partner — including scripts, strategies, and tools developed over 15 years of clinical practice.

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