

QUESTIONNAIRE RELATIONSHIP

To have a better understanding of the quality and dynamics of intimate relationships we have devised the following questionnaire. Completing this questionnaire will help you and your partner to assess whether you are loving in the Green, Yellow or Red Zones.

This questionnaire not only provides insights into the perceptions of partners but also highlights the differences. The answers are quite helpful in opening up a dialogue between spouses and also with the therapist.

Q.NO	Questions	Not Agree (No) Mark 1	Somewhat Mark 3	Strongly agree(Yes) Mark 5
1.	TRUST: Do you trust your spouse?			
2.	TRUST: Does your spouse trust you?			
3.	CONTROL: Do you feel free to be your natural self in your partner's company?			
4.	CONTROL: Do you feel your partner feels free to be his/her natural self in your company?			
5.	BOUNDARIES: Do you respect your partner's relationship with his / her friends and family?			
6.	BOUNDARIES: Does your partner respect your relationship with your friends and family?			
7.	INTIMACY: Do you express your affection and love freely and spontaneously?			
8.	INTIMACY: Does your partner express his / her affection and love freely and spontaneously?			
9.	VALUES/LIFESTYLES: Do you respect your partner's lifestyle and values?			
10.	VALUES/LIFESTYLES: Does your partner respect your lifestyle and values?			
11.	CONFLICTS: Are you able to resolve/dissolve conflicts?			
12.	CONFLICTS: Is your partner able to resolve/dissolve conflicts?			
13.	SUPPORT: Do your friends support your relationship?			
14.	SUPPORT: Do your partner's friends support your relationship?			

15.	SUPPORT: Does your family support your relationship?			
16.	SUPPORT: Does your partner's family support your relationship?			
17.	SUPPORT: Does your community support your relationship?			
18.	SUPPORT: Does your partner's community support your relationship?			
19.	FUTURE: Do you see a bright future for your relationship?			
20.	FUTURE: Does your partner see a bright future for your relationship?			
21.	What Zone do you mostly live in your relationship?	Red(1)	Yellow (3)	Green(5)

Interpret your totals for each area of competency using the following guide.

If score is between 61 to 100	You are in good healthy relationship
If score is between 21-60	You need to discuss with your spouse
If Score is between 1-20	You and your spouse must talk and seek the professional help from therapist for healthy relationship. Or follow the green zone living self help program.