The Relationship Report Card 1. Grading the Relationship

by Linda Berg-Cross, Ph.D., ABPP

Name _____

Date _____

For each item, circle the grade your relationship has earned this past month.

1.	We're tolerant of each other.	A	B	C	D	F
2.	We keep our arguments contained.	A	B	C	D	F
3.	We defuse anger quickly.	A	B	C	D	F
4.	We share intimate feelings.	A	B	C	D	F
5.	We cooperate on daily tasks.	A	B	C	D	F
6.	We agree on what's a "fair share" of chores.	A	B	C	D	F
7.	We agree on money issues.	A	B	C	D	F
8.	We have a good time with each other.	A	B	C	D	F
9.	We enjoy friends together.	A	B	C	D	F
10.	We encourage independence in each other.	A	B	C	D	F
11.	We share recreational activities.	A	B	C	D	F
12.	We share spiritual activities.	A	B	C	D	F
13.	We share activities with extended family.	A	B	C	D	F
14.	We make time for each other.	A	B	C	D	F
15.	We're comfortable with silence together.	A	B	C	D	F
16.	Our relationship is sexually satisfying.	A	B	C	D	F
17.	Our relationship is physically satisfying.	A	B	C	D	F
18.	Our relationship is emotionally satisfying.	A	B	C	D	F
19.	We celebrate holidays without stress.	A	B	C	D	F
20.	We balance risk taking with security.	A	B	C	D	F
21.	Our strengths and weaknesses counterbalance.	A	B	C	D	F
22.	We face disappointments together.	A	B	C	D	F
23.	We sacrifice for each other.	A	B	C	D	F
24.	We keep work and home separate.	A	B	C	D	F
25.	If work intrudes at home, we handle it well.	A	B	C	D	F

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26.	We agree on our "to do" list.	A	B	C	D	F
27.	We touch base during the work day.	A	B	C	D	F
28.	We plan weekends effectively.	A	B	C	D	F
29.	We eat meals together on a regular basis.	A	B	C	D	F
30.	We agree on parenting strategies.	A	B	C	D	F
31.	We understand each other's body language.	A	B	C	D	F
32.	We use special terms of endearment.	A	B	C	D	F
33.	We share knowing glances.	A	B	C	D	F
34.	We share sacred beliefs.	A	B	C	D	F
35.	As a couple, we're open to new experiences.	A	B	C	D	F
36.		A	B	C	D	F
37.		A	B	C	D	F
38.		A	B	C	D	F
39.		A	B	C	D	F
40.		A	B	C	D	F

Comments

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