

Relationship Assessment

How Does Your Relationship Rate? With a specific love relationship in mind, carefully read first the characteristics of addictive love, then those of healthy love. Score your relationship for each addictive love characteristic based on the following scale: 0 = never; 1 = rarely; 2 = sometimes; 3 = often; 4 = almost always; 5 = always. Then score yourself for healthy love.

Addictive Love	Healthy Love
<input type="checkbox"/> Feels all-consuming or energy draining	<input type="checkbox"/> Allows for individuality and energizes
<input type="checkbox"/> Difficulty defining ego boundaries	<input type="checkbox"/> Experiences both oneness and separateness
<input type="checkbox"/> Has elements of sadomasochism	<input type="checkbox"/> Brings out the best qualities in both partners
<input type="checkbox"/> Fears letting go	<input type="checkbox"/> Accepts endings
<input type="checkbox"/> Fears risk, change the unknown	<input type="checkbox"/> Open to change and exploration
<input type="checkbox"/> Allows little individual growth	<input type="checkbox"/> Invites growth in both partners
<input type="checkbox"/> Lacks deep intimacy or trust	<input type="checkbox"/> Experiences deep intimacy/feels safe
<input type="checkbox"/> Manipulates to get needs met	<input type="checkbox"/> Freedom to ask honestly for what is wanted
<input type="checkbox"/> Gives to get something back	<input type="checkbox"/> Giving and receiving are one and the same
<input type="checkbox"/> Attempts to change or control the partner	<input type="checkbox"/> Does not attempt to change or control partner
<input type="checkbox"/> Needs partner to feel complete	<input type="checkbox"/> Encourages self-sufficiency of partner
<input type="checkbox"/> Seeks solutions outside of self	<input type="checkbox"/> Accepts limitations of self and partner
<input type="checkbox"/> Demands and expects unconditional love	<input type="checkbox"/> Is unconditionally loving
<input type="checkbox"/> Refuses or abuses commitment	<input type="checkbox"/> Can make and honor commitments
<input type="checkbox"/> Looks to partner for affirmation worth	<input type="checkbox"/> Has high self-esteem and sense of well-being
<input type="checkbox"/> Fears abandonment upon routine separation	<input type="checkbox"/> Trusts memory of beloved; enjoys solitude
<input type="checkbox"/> Re-creates familiar negative feelings	<input type="checkbox"/> Expresses feelings spontaneously
<input type="checkbox"/> Desires, yet fears, closeness	<input type="checkbox"/> Welcomes closeness, risks vulnerability
<input type="checkbox"/> Attempts to "take care" of partner's feelings	<input type="checkbox"/> Cares, but can remain detached
<input type="checkbox"/> Plays power games ("one-upmanship")	<input type="checkbox"/> Affirms equal personal power

Now, add the scores for each list and divide by twenty to get a numerical average for each. Does your relationship exhibit more symptoms of trouble than of health?