

Life Harmony Assessment Relationships

Review and answer each statement. If it is true, add 1 point. If the statement is only true “sometimes” or “usually,” **DO NOT** add a point. Only add a point if it is virtually always true. (No credit given until the statement is virtually always true.)

- 1 I am both pleased and content with my spouse/partner, or happy being single.
- 2 I have a circle of friends with whom I enjoy spending time with regularly.
- 3 I have a best friend and treat him/her extremely well.
- 4 I have a loving relationship with my children.
- 5 I get along great with my family/extended family most of the time.
- 6 I have worked through, or am currently working through, any unresolved or dysfunctional problems with my family/extended family.
- 7 I have a trusting circle of friends that I can share my thoughts and concerns with and not feel judged.
- 8 I get along well with my neighbors.
- 9 Friends and family come to me for encouragement and to share their joy.
- 10 I am loved by the people who mean the most to me.
- 11 My family and friends do not manipulate me or take advantage of me.
- 12 My children are not involved in drugs or objectionable behaviors.
- 13 My spouse supports my decisions most of the time.
- 14 I have adequate help for caring for an aging or sick parent or relative.
- 15 My family does not engage in abusive behavior (verbal or physical) to resolve conflicts.

Total Score

