

Reflecting on My Relationship

Adapted from Psychology Today article "How to Tell if You're in the Wrong Relationship?"

1. Is my relationship negatively affecting other areas of my life?
2. Do I feel upset and fragmented a lot of the time?
3. Am I too distracted by my relationship to function in healthy ways?
4. Do I rarely feel like myself anymore?
5. Am I anxious or desperate toward my relationship partner?
6. Do I feel like there is something wrong with me that I am frantic to fix?
7. Has my relationship impacted or hurt my friendships?
8. Has it affected the way I parent (i.e. I'm distracted from caring for my children or too reliant on them to meet my needs?)
9. Do I feel chronically ashamed of myself?
10. Do I feel down or hopeless about my life most of the time?
11. On a scale from 1-10 (where 10 is highest), how much joy do you experience in this relationship?
12. On a scale from 1-10 (where 10 is highest), how much distress do you experience in this relationship?

There is no official scoring for this assessment. If you are wondering whether you are in an unhealthy relationship, help is available.

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