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## Relationship Self-Evaluation Exercise

Please answer the questions that apply to you. This will better assist Dr. Ray in customizing a coaching program for you. Please set up an appointment with him if you choose to discuss this questionnaire directly with him. It is a good exercise to get clear with your expectations and what you would like to get out of working with Dr. Ray.

### Current relationship status

Single

Separated

Divorced

When and for how long were you in your last relationship?

What do you believe was the primary reason for ending of the relationship?

Do you feel hurt over the relationship?

### What emotional phase are you in as far as meeting someone new or improving you current relationship? (Check All That You Feel Apply)

- A. Hiking alone  You have just recently broken up with a lover or still have unfinished business in a past relationship. It might be a time for reflection and healing.
- B. Lost traveler  You are still in contact with your ex-lover while exploring other options. You are still distracted by this person being in your life.
- C. Building the family tent  You are now a newly single mother/father and are making a lot of new adjustments to accommodate the children including figuring out your availability to meet a partner. This includes relocating or possibly a career change.
- D. Cub Scout 101  You are going back to school or working on your career. You have very little time to get to know someone. You are still figuring out YOU.
- E. Happy but lonely camper  You might be a workaholic. You have designed a life where all your time is taken and that there is very little drama. You are complacent with your circumstances but fear change and the unknown.
- F. One night camper  You just want to have fun. You might be just looking for sex or nothing too serious.
- G. Back packing alone  You are not necessarily hurt but want to enjoy being single and rediscovering you.

You are open to dating but really enjoy the great outdoors by yourself.

H. Campfire crasher \_\_\_\_ You feel desperate and clingy. You might have some codependent tendencies. You are seeking someone to complete you.

I. Cozy sleeping bag \_\_\_\_ You are still with the same person but you know you will never marry him/her. You feel unsatisfied in the relationship.

J. Shiny motor home \_\_\_\_ You have done some processing and feel good about yourself. You are fully available and your vehicle is washed, waxed, and running well.

### **Past relationship history**

How long ago was last long-term relationship?

What is the longest relationship you have been in?

How long do your relationships typically last?

How do your the relationships typically end?

Do you seem to attract the same type of partner?

What type of similar challenges did you experience in your past relationships?

### **Sexuality**

Do you feel comfortable with your sexuality?

Do you have much sexual experience?

How important is sexuality to you in a committed relationship?

How comfortable are you with communicating what you like regarding sex?

As a child, were you ever subjected to negative talk about sexuality?

Have you ever experienced sexual trauma?

Do you experience any sexual dysfunction or challenges that keep you from having sex?

If you were to have a healthy sex life with a partner, what would you desire? How would you like it to be?

### **Communication**

How important is communication with your partner?

How well did your parents communicate?

Are you afraid to reveal imperfections about yourself to your partner?

Do you feel comfortable expressing yourself with your partner if something bothers you?

Are you comfortable asking for help from your partner?

What type of communication would you like to have with your partner?

### **Emotional resilience**

How comfortable are you with showing and expression your emotions?

Do you suppress your feelings, withdraw, or get defensive when you are emotional?

Were your parents expressive with sharing their feelings?

When you feel tension in a relationship, does it disrupt other areas in your life?

Do you feel like you lose yourself in relationships?

Are you comfortable with your partner if she/he is showing strong emotions such as anger or sadness?

How important is it for you to have a partner who can express his/her emotions?

If you could understand, express, and contain your emotions in a healthy way, what would that look like?

### **Parent's personalities**

What was your father's personality like?

What was your mother's personality like?

What were positive attributes you saw in your father?

What were positive attributes you saw in your mother?

What were negative attributes you saw in your father?

What were negative attributes you saw in your mother?

How emotionally available was your father?

How emotionally available was your mother?

How did your father cope with stress?

How did your mother cope with stress?

What are your feelings toward your father today?

What are your feelings toward your mother today?

### **Parent's relationship**

What was your parent's relationship like?

What were their beliefs about how relationships should be?

How do you feel your mother felt in the relationship?

How do you feel your father felt in the relationship?

Do you feel that your parents influence you on the type of partner you should attract?

What are aspects about your parent's relationship that you hope to avoid?

What are aspects about your parent's relationship that you would like to attract?

**What is your ideal relationship?**

If you describe the perfect relationship, what would that look like?

What type of partner would you like to attract?

What type of personality is attractive to you?

What are types of activities would you like to share with your partner?

What would be the most important qualities you would like to attract in a partner?

What are your values would you want your partner to have?

What are your deal breakers?

How do you express your love in relationships?

How would you desire your partner to express her/his love toward you?

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