

# test assessment

test guy

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# Introduction

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## Instructions

This report contains responses for you from the questions you answered on the RELATE questionnaire. The report presents a summary profile of you, your partner, and your relationship in areas that researchers at the RELATE Institute have found to be most important in influencing relationship quality. We encourage you to reflect on what the results mean for you personally and for your relationship.

## General Guidelines for Interpreting your RELATE Report

- Keep in mind that RELATE is not designed to predict the success of your relationship, nor to diagnose possible personal or relationship difficulties.
- Use the RELATE report to focus your attention on developing your strengths and overcoming your challenges.
- The accuracy of each graph will depend on the level of honesty and insight you had when you responded to the RELATE questionnaire, as well as when you now read this report.
- The RELATE Report contains sensitive information. If serious problems related to any of these issues are hampering your ability to maintain a satisfying relationship you may want to consider seeking assistance in resolving these problems.
- When reviewing your results, look at your answers for the RELATE scale items to check if you misinterpreted an item or if you made an error when marking your answer (e.g. marked "rarely" when you meant "often"). To see what questions make up each scale, go to the Profile Scales Calculation portion of the Resources and Specific Results report.

## Graph Interpretation

Each graph in this report will have either one or two bars demonstrating the level to which you fit a given scale. The first bar portrays how you regard yourself on a given scale. If there is a second bar, it portrays how you see your partner in the same area. The box below shows what data each bar color represents.

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## Relationship Satisfaction and Stability

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The graphs above show how you rated your relationship satisfaction and stability (e.g., how often you have considered breaking-up). These overall evaluations of your relationship generally reflect the relative total of strengths and challenges in specific parts of your relationship. Research has found that the more satisfying a relationship is, the more likely it will be stable. However, it is possible to be unsatisfied, but stable. Research also shows that even the best of relationships experience some fluctuation in satisfaction over the course of the relationship.

## Relationship Satisfaction

test guy

The physical intimacy you experience.

The love you experience.

How conflicts are resolved.

The amount of relationship equality you experience.

The quality of your communication.

Your overall relationship with your partner.

# Profile Scales

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## Kindness/Flexibility

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The Kindness/Flexibility scale measures your own and your partner's levels of kindness and flexibility.

### Strength Area (Green):

People who score in the green area of this scale see themselves and/or their partners as being kind, considerate, adaptable, and easy-going.

### Challenge Area (Red):

People who have kindness and flexibility scores in the red area are more likely to be in relationships that are less satisfying. People rating themselves and/or their partners in the challenge area on this scale may want to evaluate their ways of interacting to see how they can increase the levels of kindness, flexibility, and consideration in their relationships.

### RELATE Institute Findings:

In research with couples, the higher the levels of kindness and flexibility, the higher the levels of effective communication and positive conflict resolution. Perceptions of partner's kindness and flexibility are particularly important for predicting couples' relationship quality.

## Emotional Readiness

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The Emotional Readiness scale is a measure of your own and your partner's levels of maturity, calmness, self-esteem, and depression.

### Strength Area (Green):

People who score in the green area on this scale see themselves and/or their partners as being calm, mature, high in self-esteem and low on depression.

### Challenge Area (Red):

People who have emotional readiness scores in the red area are more likely to be in a relationship that is less satisfying. People scoring in the challenge area on this scale may have seriously high levels of anxiety, depression and other emotional problems and may benefit from assistance by a professional therapist.

### RELATE Institute Findings:

Low emotional readiness has been shown to be related to higher levels of criticism and defensiveness in couple relationships, as well as to lower relationship stability.

## Family Background

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The Family Background scale measures your own perceptions of the quality of the emotional climate in the home you grew up in, the quality of your parents' marriage, and how much your family experience influences your current views about relationships.

#### Strength Area (Green):

People who score in the green area of this scale see their families as emotionally healthy, their parents' marriages as strong, and their current relationships with parents are healthy and encouraging.

#### Challenge Area (Red):

People who have family background scores in the red area are more likely to be in relationships that are less satisfying. People rating themselves in the challenge area on this scale may want to look for ways to strengthen their relationships with extended family and come to terms with negative experiences in their past.

#### RELATE Institute Findings:

In research with couples, the higher the levels of positive family background, the higher the levels of measures of emotional readiness and kindness/flexibility. Family background is also an important part of predicting couples' overall relationship quality.

## Effective Communication

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The Effective Communication scale measures your and your partner's levels of empathy, listening, and ability to send clear messages.

#### Strength Area (Green):

People who score in the green area of this scale see themselves and/or their partners as being high in empathy, listening, and in sending clear messages.

#### Challenge Area (Red):

People who have effective communication scores in the red area are more likely to be in relationships that are less satisfying. People rating themselves and/or their partners in the challenge area on this scale may want to evaluate their ways of interacting to see how they can increase empathy and understanding between partners, and how they can send and receive the communication of needs, concerns, and desires more effectively.

#### RELATE Institute Findings:

In research with couples, higher levels of effective communication have been shown to be associated with higher relationship quality.

## Conflict Resolution

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The Conflict Resolution scale is a measure of the degree of criticism, defensiveness, contempt, and emotional flooding that people use when they are trying to resolve conflict.

#### Strength Area (Green):

People who score in the green area on this scale see themselves and their partners as rarely using criticism and defensiveness when resolving conflict and hence they are less likely to be emotionally flooded.

### Challenge Area (Red):

People who have conflict resolution scores in the red area are much more likely to be in a relationship that is less satisfying. High levels of criticism and contempt are usually indicative of serious relationship problems that are not likely to be resolved on their own.

### RELATE Institute Findings:

High scores on the conflict resolution scale are related to fewer relationship problems, higher relationship stability, and higher levels of satisfaction. Low scores on this scale are strongly related to high hostility in relationships.

## Problem Areas

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The Problem Areas scale is a measure of how often certain key areas have been a problem in your relationship. The areas reported on include: financial matters, communication, having and rearing children, sexuality, parents, roles (who does what), weight, who's in charge, time spent together, and substance abuse.

### Strength Area (Green):

People who score in the green area on this scale see relatively low levels of problems in the relationship. They tend to feel that they and their partner are able to deal with differences in the relationship.

### Challenge Area (Red):

People who score in the red area on the problem checklist report a high level of problems across a number of areas in their relationship. If problems are occurring frequently in areas that are personally important, a red score on this scale may indicate areas that need change and improvement.

### RELATE Institute Findings:

Research has shown that the overall problem checklist rating is strongly related to marital satisfaction and marital commitment. Some couples may have a low overall score, but still have one or two areas of frequent problems. It is important to note that couples with relatively low problem ratings do not necessarily have less troubles or difficulties than other couples; rather they are able to manage the differences in their relationship in ways that maintain a sense of partnership and unity.

## Religiosity / Spirituality

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The Religiosity / Spirituality scale is a measure of the importance of religion and spirituality in your life.

### Strength Area (Green):

People who score in the green area on this scale see themselves as highly religious and spiritual. They are likely to be regularly engaged with a religious community.

### Challenge Area (Red):

People who score in the red area are less likely to access the resources of a religious community. They are less likely to find peace and meaning in spiritual practices. It is important that couples discuss the role of religiosity and spirituality in their lives.

### RELATE Institute Findings:

Research has shown that religiosity is strongly related to marital satisfaction and marital commitment. Highly religious young adults have values and attitudes more likely to lead to high marital satisfaction, as compared to those with no religious affiliation or activity. These findings are particularly true when both the husband and wife are highly religious.

## Discussion Questions

- Note differences between how you perceive yourself and how you perceive your partner. If the differences are large make note of them for further discussion. When reflecting on these differences, look at your answers for the RELATE scale items to check if you misinterpreted an item or marked your answer wrong (e.g. marked "rarely" when you meant "often.") If the two of you simply are different on a scale, reflect on what the difference means to you and explore why you are different.
- On which scales are you most similar?
- On which scales are you least similar?
- How will your strengths serve as a resource for you in your relationship?
- How will you adjust to challenges areas in your relationship?

# Challenges Checklist

Below is a table that lists other important relationship factors. These parts of your relationship are profiled here because years of research have shown each of them to be potential challenges for couples. See the Challenge Checklist Breakdown portion of the Resources and Specific Results report for a reference chart with a brief summary of the research on each item. Many of these items are personal in nature and represent your attitudes and behaviors in these areas. A check in the red column means that your reported score indicates a "challenge area," whereas a check in the white or green columns indicates a "neutral" or "strength" area for your relationship. Carefully review any check marks below to determine if you feel that this really is a challenge for your relationship. Many of the challenges listed below (e.g., substance abuse, violence in your relationship, infidelity, etc.) are very serious in nature and may require help from professional counselors or others to overcome. Remember, these are only "potential" challenges for your relationship. With hard work, many couples are able to overcome difficulties in their personal lives and are able to develop loving, successful relationships.

	test guy's Responses		
	Strength Area	Neutral Area	Challenge Area
Age			
Parents - Divorced			
Parents - Negative Conflict Resolution			
Couple - Negative Conflict Resolution			
Violence In Family Background			
Personal Alcohol Use			
Partner's Alcohol Use			
Personal Drug Use			
Partner's Drug Use			
Personal Use of Violence In Current Relationship			
Personal Use of Sexual Pressure In Current Relationship			
Partner's Use of Violence in Current Relationship			
Partner's Use of Sexual Pressure in Current Relationship			
Willingness to Cohabit			
Willingness to Have Extra-marital Affairs			
Desire Partner to Change			
Partner Desires Me to Change			
Father's Approval of Relationship			
Mother's Approval of Relationship			

# Total Scores

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## Strength and Challenge Areas in Your Relationship

After reviewing your profile scales and the challenges checklist, we recommend that you evaluate the total number of "strength areas" and "challenge areas" in your relationship. Looking at the total number of these areas highlights the fact that relationships are influenced not only by the presence of certain strengths and challenges, but also by how many of these areas there are in the relationship. As these factors "pile up" on each other they tend to create an overall strengthening or challenging effect on a couple's relationship.

In the table below are your total "strengths" and "challenges" scores from the couple profile graphs and the challenges checklist.

test guy's perception of strengths 0  
test guy's perception of challenges 0

## Interpretation Table

The tables below can help you interpret your total scores. The tables show what percentage of partners reported that they were satisfied with their relationship at each total score level. For example, approximately 90% of partners who reported 3 challenge areas in their relationship said that they were satisfied with their relationship, while only approximately 63% said they were satisfied when they reported nine challenge areas in their relationship.

Strengths		Challenges	
0	5% highly satisfied	0	100% highly satisfied
1-2	10% highly satisfied	1-2	97% highly satisfied
3-4	33% highly satisfied	3-4	90% highly satisfied
5-6	62% highly satisfied	5-6	85% highly satisfied
7-8	73% highly satisfied	7-8	71% highly satisfied
9-10	77% highly satisfied	9-10	63% highly satisfied
11-15	92% highly satisfied	11-15	35% highly satisfied
16+	99% highly satisfied	16+	10% highly satisfied

# Resources

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## Resources for Improving Your Relationship

If you have scores on RELATE that indicate improvement is needed to increase relationship satisfaction, consider these resources to help you make positive changes:

- Take some classes on marriage. Most colleges have classes that can help you learn more about how to be successful in marriage. Many community education programs also have classes, and they can be very helpful. Look into what is available in your neighborhood or community.
- Get some counseling. Many religious leaders are trained in counseling and they are eager to help couples find new ways to enrich their relationship. You can also go to a licensed marriage therapist. A list of qualified therapists in your area may be obtained in the yellow pages of your phone book under Counselors--Marriage, Family, Child, and Individual. If you have problems and unintentionally or unknowingly hurt your relationship, it would be a very good investment to learn some better ways to act in marriage. Sometimes we act in ways that we think are wise, but we are actually destroying the things we love the most, and a few changes can make a world of difference.

RELATE was created to help you come to know each other more fully and intimately. Strengthening a relationship takes effort, but it can also bring a couple an increased sense of love and partnership. We wish you well as you learn more about each other and strive to form a healthy, loving relationship.