

Relationship Closeness Scale

The Relationship Closeness Scale provides a means for opening discussion regarding any monogamous relationship. Rate your relationship on each of the following 14 characteristics by circling the answer that best describes your sentiment — Strongly Agree (SA), Agree (A), Not Sure (NS), Disagree (D), or strongly Disagree (SD). Take the survey separately and then compare the results with your partner.

Regard: In our relationship, mutual concern, caring, and respect are freely expressed. We are generous with our compliments and our expressions of appreciation.

S A NS D SD

Emotional Contact: We communicate easily and openly about emotional concerns. We find that we have similar emotional feelings about similar situations.

S A NS D SD

Discussion: We willingly talk about matters of importance in our daily lives. Each of us knows what is important to the other at work and during leisure time.

S A NS D SD

Compassion: We do not intentionally hurt each other's feelings. When we disagree, we discuss the issue fairly, without insult or accusation.

S A NS D SD

Congruency: We both speak from the heart, always attempting to be genuine and to express our true feelings.

S A NS D SD

Honesty: We avoid deception. We avoid keeping secrets from one another.

S A NS D SD

Autonomy: Each of us maintains our own individual identity and self

system.

S A NS D SD

Conflict Resolution: We resolve differences as they arise. We consider one another's sides of each issue before making decisions.

S A NS D SD

Affection: We are comfortable with our expressions of emotional closeness. We regularly and comfortably demonstrate affection.

S A NS D SD

Mutual Concern: In making decisions, we both consider the impact of our decisions on the other. We both place the good of the relationship above any selfish concerns.

S A NS D SD

Trustworthiness: We keep our promises. We can both be trusted to follow through on our word with appropriate action.

S A NS D SD

Commitment: We both are firmly committed to the success of our relationship.

S A NS D SD

Sexuality: We are comfortable expressing our sexual needs to each other. Our needs are met within our monogamous relationship.

S A NS D SD

Loyalty: Our relationship takes a higher priority than loyalty to friend or family of origin.

S A NS D SD

Be cautious that you not use this scale to blame anyone or prove anything. Change is easier when people feel safe from blame and reproof. Instead, use your answers as a basis for discussing what you would like to see changed and how you think changes can be made. Your answers can also be a basis for discussing relationship issues with Psychologicaladvice.com.
