

## Couple Report Card

Please treat this exercise with gentleness and caring. Work hard to be as objective as you can, and mark answers that reflect your experience of your partner, rather than marking them to hurt or punish your partner. BE OPEN and HONEST.

Grade your partner with either a letter grade, ie A, B, C, D or F or a number grade 4, 3, 2, 1, or 0. The key is as follows;

**A or 4 = Outstanding** in this area, very consistent and accomplished at this

**B or 3 = Good effort**, not as consistent or accomplished as an A, but still doing well

**C or 2 = Average effort**, not bad but not outstanding, either inconsistent or not accomplished

**D or 1 = Below average**, this area may bother you and needs improvement. Interferes with your partners functioning in society, with friends, family and co workers.

**F or 0 = Failure** to do much or well in this area to the point of really negatively impacting the relationship. Very high costs to this behavior or attitude.

- \_\_\_\_ 1. Speaks respectfully to me.
- \_\_\_\_ 2. Uses words that show caring to me.
- \_\_\_\_ 3. Voice tone is kind, caring.
- \_\_\_\_ 4. Takes the time to really hear what I am saying.
- \_\_\_\_ 5. Doesn't criticize me.
- \_\_\_\_ 6. Offers constructive suggestions when appropriate.
- \_\_\_\_ 7. Validates my feelings generally.
- \_\_\_\_ 8. Allows my anger without trying to repress me/it.
- \_\_\_\_ 9. Celebrates with me when I like myself.
- \_\_\_\_ 10. Avoids put downs of me.
- \_\_\_\_ 11. Avoids put downs of others.
- \_\_\_\_ 12. Encourages me when I cry.
- \_\_\_\_ 13. Is comfortable with my vulnerability.
- \_\_\_\_ 14. Offers problem solving when asked.
- \_\_\_\_ 15. Takes responsibility for their own feelings, not mine.
- \_\_\_\_ 16. Takes extra time to show caring for me.
- \_\_\_\_ 17. Shows caring for me in ways that are meaningful to me.
- \_\_\_\_ 18. Remembers my birthday, anniversary, and other meaningful dates.
- \_\_\_\_ 19. Celebrates those dates in ways that are meaningful to me.
- \_\_\_\_ 20. Touches me affectionately.
- \_\_\_\_ 21. Encourages my individuality.
- \_\_\_\_ 22. Is fair when we argue/discuss.
- \_\_\_\_ 23. Supports me in my other relationships.
- \_\_\_\_ 24. Confronts me (appropriately) when needed.
- \_\_\_\_ 25. Respects my boundaries/personal space/privacy.
- \_\_\_\_ 26. Is committed to my personal growth.
- \_\_\_\_ 27. Grooms well, is clean and neat.
- \_\_\_\_ 28. Cooperates with me in problem solving.
- \_\_\_\_ 29. Helps with household/yard chores.
- \_\_\_\_ 30. Works on co-equality in the relationship
- \_\_\_\_ 31. Stays involved with me, even when things are tough.
- \_\_\_\_ 32. Allows enough time for our relationship.
- \_\_\_\_ 33. Is spontaneous and fun with me.
- \_\_\_\_ 34. Really likes me.
- \_\_\_\_ 35. Is loyal to me and our relationship.
- \_\_\_\_ 36. Doesn't demean me or use sarcasm.
- \_\_\_\_ 37. Is ok with my difficulties in life.      **TOTAL OF ALL 37** \_\_\_\_\_ **divided by 37 = GPA** \_\_\_\_\_