

Relationship Evaluation Assessment

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Instructions: Read each statement. For each statement you answer with a “yes,” circle the numerical value in the right hand column. Total the circled numbers at the bottom of each column.

Pre-Encounter		Intra-Encounter		Post-Encounter	
I dread the encounter as I sense it will drain my energy	1	I leave as soon as it is decent or possible to do so	1	I am relieved when the encounter is finally over	1
I try to think up a plausible excuse in order to avoid the encounter altogether	1	I find the time seems to drag, my energy is flagging, and I wish I could leave early	1	I am tired from the encounter and/or have a ‘bad taste’ in my mouth, so to speak?	1
I try to get someone else to go with me or try to delegate the encounter to another person	1	I make excuses to avoid scheduling another encounter on the spot	1	I screen my calls in an attempt to avoid scheduling another encounter in the near future	1
I procrastinate the encounter and may try to reschedule the date farther into the future	1	I bite back retorts or advice or eat or drink too much and am irritated that I agreed to this	1	I try to think of a way to jump-start my flagging energy so I can finish my work or duties	1
I feel neutral about the encounter, neither negative or positive	2	I enjoy some aspects of the encounter and want to repeat it, just not too soon	2	I recall the encounter with a sense of neutrality (not awful but not great either)	2
I expect the encounter to be okay but want to devote a minimal amount of time to it	2	I sense the other person is benefiting even though it’s not particularly energizing for me	2	I did not reschedule on the spot but am willing to do so some time in the future	2
I look forward to the encounter because of the activity more than the person	2	I list benefits of the encounter to help validate my reasons for agreeing to it in the first place	2	I recognize benefits to one or both of us from the encounter and affirm my decision to do it	2
I look forward to the encounter as long as episodes are spaced out and infrequent	2	I find the discussion interesting even though the person-reward is energy neutral	2	I wish others had been there to add spice/variety and I’ll invite a third person along next time	2
I look forward to the encounter with keen anticipation	3	I feel affirmed within minutes of beginning the encounter	3	I recall the encounter with pleasure and nostalgia	3
I will rearrange my schedule if necessary (when possible) in order to have the encounter	3	I forget to look at my watch and can hardly believe how fast time is flying by	3	I anticipate the next encounter and know we’ll just pick from where we left off this time	3
I look forward to spending time with the person more than the activity	3	I am energized and am willing to prolong the encounter for a while, if at all possible	3	I sense I have more energy and feel more energetic than before the encounter	3
I am willing to give up something else desirable to spend time with this person	3	I like to make plans for the next encounter before this one ends	3	I look forward to the next encounter with pleasure and anticipation	3
Total Points		Total Points		Total Points	