

Candid Relationship Questionnaire

1. I tend to deny
2. I am happiest when
3. Sometimes I
4. What makes me angry is
5. I wish
6. I hate it when
7. When I get angry I
8. I would give anything if my partner would
10. I would be more lovable if
11. My mother and father
12. If only I had
13. My best quality is
14. Sometimes at night
15. When I was a child
16. My worst trait is
17. My life really changed when
18. If my relationship ends it will be because
19. My partner hates it when I
20. When I am alone I
21. My partner gets angry when
22. My partner's greatest fear is
23. It hurts me when my partner

24. I feel the most lonely when

25. I am afraid

26. I love

27. We used to laugh more because.

28. It would be best if

29. Friends

30. I feel like a phony when

31. I can't forgive

32. Together we

33. What surprises me is

34. I believe

35. Other people think

36. Men

37. Women

38. I regret

39. It doesn't pay to

40. It helps when we

41. If only

42. We never seem to

Phillip McGraw, Ph.D. *Relationship Rescue*

Write one or two paragraphs about these areas of concern:

1. Anger—refer to items 4, 6, 7, 16, 17, 24, 25, 31. What do these responses tell you about anger in your life and your relationships?

2. Fear—refer to items 1, 2, 14, 25, 27, 30. What do these responses tell you about fear in your life?
3. Loneliness—refer to items 2, 8, 10, 14, 20, 23, 24. What do these answers tell you about the loneliness in your life and relationships?
4. Blame—refer to items 4, 6, 8, 11, 12, 16, 19, 31, 38, 41. What do these answers tell you about blame and forgiveness in your life and relationship?
5. Hopes and dreams—refer to items 2, 3, 5, 8, 12, 26, 28, 34, 41, 42. What do these answers tell you about your hopes and dreams for your relationship and your life?