



Trust Assessment

- There were times in my relationship when I really needed my partner, particularly emotionally, and they were not there for me. T ___ F ___
- My partner lies to me. T ___ F ___
- I do not believe I am my partner's priority. T ___ F ___
- The vows we took are no longer sacred to me. T ___ F ___
- I believe my partner has betrayed me. T ___ F ___

Score – If you answer “True” to one of these questions it is time to have significant conversations with your partner and/or seek professional help.

Commitment Assessment

- I feel confident my partner will never leave me. T ___ F ___
- When things are tough my partner never threatens to leave me. T ___ F ___
- When I'm sick, my partner is there for me. T ___ F ___
- After disagreements I never feel I would be happier with someone else. T ___ F ___
- I am not waiting for someone better to come along. T ___ F ___

If you answer “False” to one or more of these questions it is time to have significant conversations with your partner and/or seek professional help.