

P-GARF Partner- Global Assessment of Relationship Function Partner Questionnaire*

Your Full Name: _____ Your Partner's Name: _____
Date: ___/___/___ Years in Relationship: _____
Relationship Status: Dating___ Cohab___ Eng___ Mar___ Sep___ Div___ Other_____

DIRECTIONS: Your answers to the following questions help measure how well your relationship is doing. These questions are about 15 areas that are important for happy, long-term, loving relationships. Each question is followed by 6 choices, ranging from “**very well**” to “**very poorly**”. For each area, **circle the letter** of the description that best fits how well your relationship has been working recently. **DO NOT DISCUSS THE QUESTIONS OR YOUR ANSWERS WITH YOUR PARTNER.** Your answers will not be shown to anyone without your written permission.

1. How well do the routines you two have established work to meet both of your needs?

- a.) Very well. Everything important gets enough attention
- b.) Mostly well, but sometimes our needs get neglected and unattended.
- c.) We meet some of our needs, but forget or ignore others.
- d.) Our routines do not work well. We are often frustrated.
- e.) Our routines are quite confused. It is hard to count on anything.
- f.) We do not have routines. Our daily life is not working for either of us.

2. When things in your world change, how easily do you two make adjustments and come up with new routines that work?

- a.) Very easily. We are both flexible and quickly think of ways to make things work.
- b.) While we sometimes are stressed, we soon find new ways to manage things.
- c.) Changes often stress us. Routines are disrupted. It takes time to find new ways.
- d.) We become distressed. Our routines get confused and stay unsettled for quite a while.
- e.) Change brings on great stress and confusion, which often remains unsolved.
- f.) We fall apart and cannot cope. We do not adjust to change.

3. How well do you two share ideas and feelings? How well do you listen to one other when you disagree, when you have different ideas and feelings about an issue?

- a.) We are almost always open, respectful, good listeners, even when we disagree.
- b.) We usually have good communication. When it is important, we listen well.
- c.) We often get defensive, want to be right, and argue rather than listen.
- d.) When we do try to talk about differences, we usually end up arguing and getting upset.
- e.) We usually do not share our ideas and feelings because it turns into a fight or silence.
- f.) We do not communicate anymore about anything important.

4. Do you have common goals that you have discussed, agreed upon, and set for your relationship?

- a.) We have well developed goals that we often discuss. We work toward them together.
- b.) We have common goals, and we discussed them occasionally.
- c.) We usually seem to be going in the same directions, but we rarely discuss goals.
- d.) Our goals are sometimes quite different and we have trouble discussing them.
- e.) We have few goals in common. We usually cannot agree on what is important.
- f.) We have no goals in common and do not talk about it.

5. When you disagree about an issue or when one of you is unhappy and wants a change, how well do you find “win-win” solutions that are good for both of you?

- a.) We comfortably discuss problems, find solutions, and follow through on our decisions.
- b.) We can usually discuss issues and find good solutions that work for a while.
- c.) Sometimes, we can find solutions, but at other times, we become stuck and drop it.
- d.) Discussions and complaints become arguments. Often one wins, and the other gives in.
- e.) Our discussions turn into bad fights or end in silence. We rarely solve things.
- f.) We blame each other or do not talk at all. Nothing is solved or settled.

* Adapted for adult couple relationships from the GARF, DMS-IV, Pgs. 758-759, American Psychiatric Association, 1994.

- 6. How clear are your roles in the relationship, and are these roles working for you?**
- We have clear roles that suit us, and we easily switch and cover for each other as needed.
 - We usually like the parts we play and are comfortable with each other's roles.
 - Our roles are rather fixed and are sometimes a burden to us.
 - We are confused about our roles and often argue and tell each other what to do.
 - We often resent our roles and criticize each other's roles.
 - Our roles are fixed and hated or our roles are totally unclear and confused.
- 7. How well do you agree on rules for privacy, personal space, and independence?**
- We have clear discussed rules, and we live by our rules quite comfortably.
 - We have clear boundaries for privacy and space, but we cross boundaries occasionally.
 - We get into each other's business at times. We sometimes break privacy rules.
 - We often cross each other's boundaries, and this generates distress and conflict.
 - We do not agree about what is whose. We boss each other, intrude, and violate privacy.
 - We have little to no privacy, personal space or independence in our relationship.
- 8. How well do you coordinate your activities and share in leading and following?**
- We cooperate very well and can lead or follow flexibly as either fits.
 - We usually cooperate and can agree to follow the other's lead.
 - We sometimes cooperate and sometimes get into power struggles about who leads.
 - We often have conflicts because one partner tries to lead too much or one rarely leads..
 - We have arguments and conflict almost every time we try to do something together.
 - We have given up trying to do things together. It simply has not been working.
- 9. How well do you share power and decision-making?**
- We easily identify what is "yours" and "mine". We always share decisions about "ours".
 - The division of power is fair enough, and we decide important decisions together.
 - Sometimes power seems unfairly divided, leading to resentment and arguments.
 - The division of power is unfair. We are often at war, either quietly or openly.
 - We threaten each other, have horrible fights, and/or end up in long silences.
 - There are times of violence, harm, and/or stony isolation in our relationship.
- 10. How fair and effective is distribution of jobs and responsibilities in your relationship?**
- Our tasks and responsibilities are fair and fit us well. We do them responsibly.
 - Usually, the division of labor seems fair and we do our tasks well enough.
 - Sometimes, the division of tasks seems unfair. Not everything is done responsibly.
 - Jobs and responsibilities seem unfairly divided and may be done badly or incompletely.
 - One or both of us hate our jobs. Important responsibilities are going undone.
 - The division of task is confused and unaccepted. Little is accomplished.
- 11. How well can you express your ideas and feelings with each other?**
- We openly and passionately share almost all our ideas and feelings with each other.
 - We can usually share our ideas and feelings, even negative ones, without much upset.
 - We have learned not to express some ideas, feelings, or levels of intensity to each other.
 - Stating how we think and feel often leads to upset and more problems between us.
 - Self expression is usually met with anger, pulling away, or silence.
 - We do not talk. We do not share personal ideas or feelings.
- 12. How much of the time do you feel supported and close to each other? How often is there a strong "sense-of-us"?**
- We feel supported with a strong "sense- of -us" most of the time, even when we are apart.
 - The "sense- of-us" is often present. We usually feel close and supportive.
 - Sometimes, we are close and supportive, but much less than we want.
 - The "sense-of-us" is mostly absent. We have occasional times of closeness and support.
 - We have little sense of relationship or of closeness. We rarely turn to one another.
 - We are estranged, out of touch, and have no "sense-of-us".

13. How strong is the respect and trust between you?

- a.) We always treat each other with respect. We trust each other without question.
- b.) We usually are respectful, trusting, and reliable with one another.
- c.) Sometimes, we act disrespectful and/or mistrusting with each other.
- d.) Often, we are rude, suspicious and quite guarded with each other.
- e.) Usually, we talk and act with mistrust, disrespect and disregard for each other.
- f.) There is no trust or respect left in our relationship.

14. How well does the sexual part of your relationship work?

- a.) We have an abundance of physical closeness and sexual activity.
- b.) Our sex life together works well for us most of the time.
- c.) Our sex life is OK, but at times is disappointing to one or both of us.
- d.) Sometimes we have a physical relationship, but it is often troubling to us.
- e.) Sex and physical closeness are rare and difficult for us.
- f.) We do not have a sex life or physical closeness.

15. How connected are you? How committed are the two of you to your relationship?

- a.) We are strongly connected and fully committed to a life together.
- b.) We are committed to our relationship and feel connected most of the time.
- c.) We are sometimes connected and involved in relationship, at least for now.
- d.) One or both of us sometimes questions our commitment or acts uncommitted.
- e.) One or both of us often thinks about leaving our relationship and may be making plans.
- f.) We are actively planning to end the relationship.

DIRECTIONS: Each of the following areas is an important **source of satisfaction** for a partner in an intimate relationship. Rate on a scale from 0 to 4, how much satisfaction you are getting in each area from your relationship recently. Use the following scale:

- 0 = None
- 1 = Much too little
- 2 = Some
- 3 = Satisfied
- 4 = Very Satisfied
- 5 = (last item only) All I have dreamed of.

<u>Areas of a Relationship</u>	<u>Score (Current Satisfaction)</u>
A. Sensuality (touch, smell, movement, sight, sound)	(0 - 4) _____
B. Sexuality (romance, passion, lust, tension release)	(0 - 4) _____
C. Intellectuality (sharing ideas, interests, and knowledge)	(0 - 4) _____
D. Emotionality (sharing feelings and emotions)	(0 - 4) _____
E. Friendship/Trust/Shared Interests/Activities Together	(0 - 4) _____
F. What's been built together (children, friends, family, home, acquisitions, property, wealth, legacy, traditions)	(0 - 5) _____

FINAL DIRECTIONS: Please check that you have circled a letter for each of the first 15 items and that you have written in a number in the blank for each of the last 6 items. Be sure to your name, partner's name, and the date are on the front page. Do not discuss or share your answers. When you are done, put **your completed questionnaire in an envelope, seal it, write your name on the envelope, and return it as instructed.** .