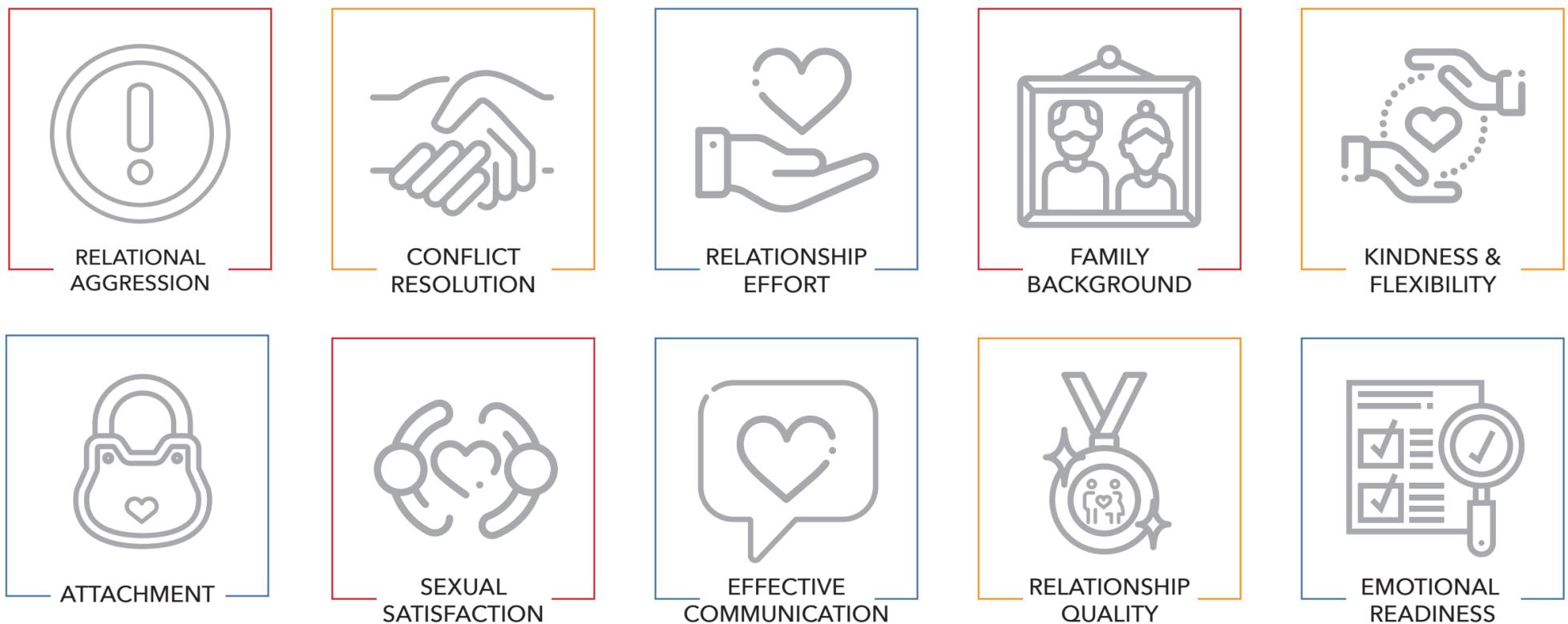


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Your personal **RELATE** assessment has been analyzed and compiled into this multi-page report.

Within you will find ten major aspects of relationship success have been evaluated. Each has been briefly summarized on this page. However, we encourage you to read your report in its entirety to learn more about your strengths as a relationship partner as well as areas you should strive to improve.



# HOW TO READ THIS REPORT



This report presents a summary profile of you, your partner, and your relationship in areas that researchers at the **RELATE** Institute have found to be most important in influencing relationship quality. We encourage you to discuss together what the results mean for each of you personally and for your relationship.

## HOW TO READ THIS REPORT'S GRAPHS

Calculation of Strength and Challenge Zones  
Charts in the READY report are divided into 3 zones:

**CHALLENGE**  **STRENGTH**

The cut-offs between zones were calculated by comparing scores with partners; reports of relationship satisfaction via a large, national sample of couples in the United States.

The cut-off point for the **BLUE ZONE** is the level where 90% or more people reporting that score were satisfied with their relationship.

The **ORANGE ZONE** is the level where 70% to 89% typically report being highly satisfied.

The **RED ZONE** indicates the level where less than 70% of individuals reported being satisfied with their relationships.

## GUIDELINES FOR INTERPRETING YOUR **READY** REPORT

Keep in mind that **READY** is not designed to predict the success of your future relationship, nor to diagnose possible personal or relationship difficulties.

Use the **READY** report to focus discussion with your partner on developing your strengths and overcoming your challenges.

The accuracy of each graph will depend on the level of honesty and insight you had when you responded to the **READY** questionnaire, as well as when you now read this report.

The **READY** Report contains sensitive information. If serious problems related to any of these issues are hampering your ability to maintain a satisfying relationship you may want to consider seeking assistance in resolving these problems.

If a scale or chart in the Summary Profile does not seem correct, look up the specific questions and answers for that scale online under that sections table, located bottom right page of that sections report.

# KINDNESS & FLEXIBILITY



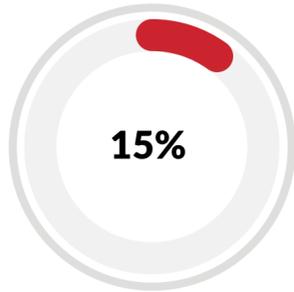
You

Your partner

CHALLENGE

NEEDS IMPROVEMENT

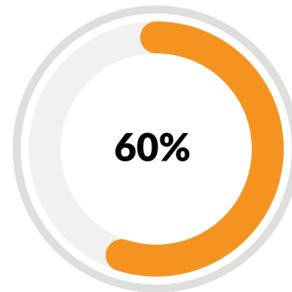
STRENGTH



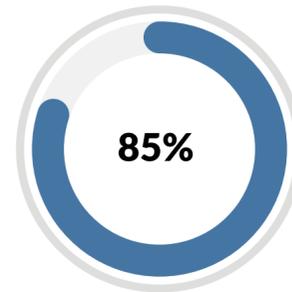
HOW YOU VIEW YOURSELF



HOW YOUR PARTNER VIEWS YOU



HOW YOU VIEW YOUR PARTNER



HOW YOUR PARTNER VIEWS THEMSELVES

The **KINDNESS SCALE** measures your underlying personality and how you relate to other people. Are you calm in your interactions? Do you treat other people with consideration and in a friendly manner? The Flexibility scale measures how adaptable you and your partner are to challenges in life. Can you go with the flow? Are you open to suggestions? Both of these factors are key underlying personality traits to healthy relationships.

IN RESEARCH WITH COUPLES, THE HIGHER THE LEVELS OF POSITIVE FAMILY BACKGROUND, THE HIGHER THE LEVELS OF EMOTIONAL READINESS AND KINDNESS/FLEXIBILITY.

RELATE INSTITUTE FINDINGS



## KINDNESS



## FLEXIBILITY



CHALLENGE

NEEDS IMPROVEMENT

STRENGTH

People who have kindness and flexibility scores in this area are more likely to be in relationships that are less satisfying.

[Read more »](#)

People who have scores in this area see themselves and/or their partners as being kind, considerate, adaptable and easygoing...

[Read more »](#)

People who score in this area of this scale see themselves and/or their partners as being kind, considerate, adaptable, and easy-going.

## DISCUSSION QUESTIONS

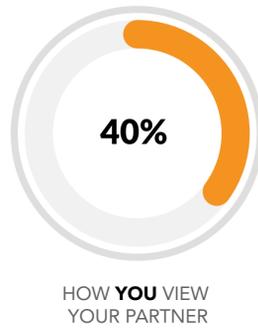
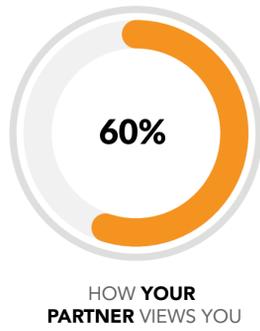
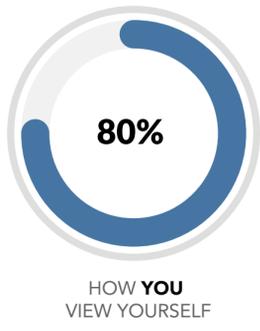
- Are you satisfied with your scores on the Kindness scale? Are you satisfied with your scores on the flexibility scale?
- Do you want to change how flexible and/or kind you are?
- What triggers yourself or your partner to act unkindly? How can you change those reactions? How can you avoid those triggers?
- Does your partner want to change how kind and/or flexible they are?
- What does changing your kindness/flexibility mean in your relationship?
- Will being more kind and/or flexible make your relationship stronger and happier?

# EMOTIONAL READINESS



You

Your partner



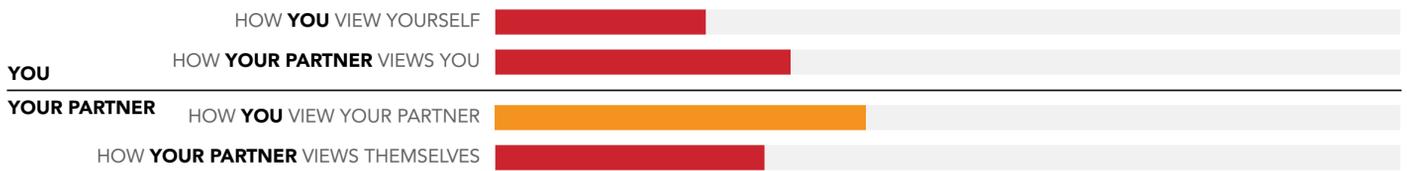
The **EMOTIONAL READINESS** scale is a measure of your own and your partner's levels of maturity, calmness, self-esteem, and happiness. This scale taps into several underlying individual factors related to emotions that are linked to healthy and positive relationships. When things go wrong, how do you react? How do you feel in your daily life?

**DEPRESSION, ANXIETY, LOW SELF-ESTEEM, AND IMMATURE/IMPULSIVE BEHAVIORS ARE NEGATIVELY RELATED TO ONE'S OWN AND PARTNER'S RELATIONSHIP QUALITY.**

RELATE INSTITUTE FINDINGS



## CALMNESS



## MATURITY



## HAPPINESS



## SELF ESTEEM



**CHALLENGE**

**NEEDS IMPROVEMENT**

**STRENGTH**

People scoring in the challenge area on this scale may have seriously high levels of anxiety, depression and other emotional problems and... [Read more »](#)

People scoring in this section do not consider themselves/their partners as either emotional strong or emotionally weak. [Read more »](#)

People who score in this area see themselves and/or their partners as being calm, mature, high in self-esteem and low on depression.

## DISCUSSION QUESTIONS

- Are you satisfied with the current rating of yourself on this scale? If not, what can you do to improve it?
- How are your answers similar or different from one another? Why were there differences or why did you both agree?
- Does your partner want you to improve the emotional readiness in your relationship?
- If so, discuss why and how this can be facilitated.
- How will your relationship change if you improved the emotional readiness in your relationship?

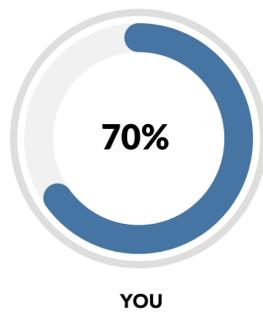
# FAMILY BACKGROUND



CHALLENGE

NEEDS IMPROVEMENT

STRENGTH



YOU



YOUR PARTNER

The **FAMILY BACKGROUND** scale is a measure of your perceptions of your family background and how the experiences you had in your family of origin have influenced your perspective on other relationships in your life. For example, if a person had an upbringing with low conflict and available parents then usually that person will also view friendships, romantic partners, and other relationships outside the family of origin in a positive way.

**IN RESEARCH WITH COUPLES, THE HIGHER THE LEVELS OF POSITIVE FAMILY BACKGROUND, THE HIGHER THE LEVELS OF EMOTIONAL READINESS AND KINDNESS/FLEXIBILITY.**

**RELATE INSTITUTE FINDINGS**



The scales in the following graphs show a comparison of your perceptions of your family background experiences. For all of the scales in this section, higher scores indicate that your experiences with your families (e.g., relationships with parents, etc.) are generally better than those who have low scores.

## FAMILY QUALITY



## PARENT'S MARRIAGE



## FAMILY INFLUENCE



CHALLENGE

NEEDS IMPROVEMENT

STRENGTH

People who have family background scores in the red area are more likely to be in relationships that are less satisfying.

People scoring in this section, all things considered, tend to view their childhood years and their relationships with their parents...  
[Read more »](#)

People who score in this area of the scale see their families as emotionally healthy, their parents' marriages as strong, and their...  
[Read more »](#)

## INTERPRETATION GUIDELINES AND DISCUSSION QUESTIONS

- Discuss each family background scale and how you think it has affected you as an adult. How may this factor be affecting you or your relationship as a couple now? For example, if you rate your family's processes as largely negative (e.g., having an unloving atmosphere), how might this affect your view of marriage and family life and your current relationship?
- For bar graphs that are very low, think back on how you answered these questions to better determine why the score is so low.
- For scales with very low scores, set goals on how to improve your family relationships, if possible. For example, if you rated your father-child relationship as poor, what can you do to improve it now?
- Discuss the stressors that occurred to your family while growing up. Discuss how these stressors and your family's type of reaction (e.g. denial, quick resolution of the crisis, etc.) affected you as a child and affect you now as an adult. How have these stressors affected your attitudes about marriage and family life? Are you more or less confident that you can handle future life stressors as an individual or a couple? Why?



## OVERVIEW

The **RELATIONSHIP QUALITY** scale assesses two main measures of your overall relationship well-being: satisfaction and stability. Both of these measures help assess the perceptions of the overall health of your relationship and are among the best predictors of long-term relationship success.

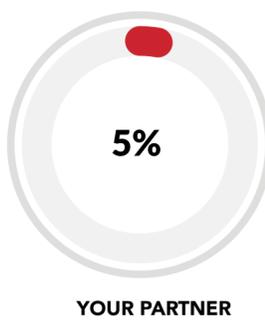
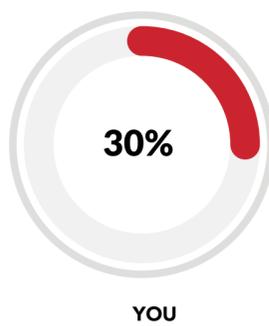
**RELATIONSHIP SATISFACTION** takes into account aspects such as your satisfaction with the level of intimacy and sense of fulfillment you gain through your relationship. **RELATIONSHIP STABILITY** refers to how much you believe the relationship will last over the long term. Although satisfaction and stability are not the same thing, they often go hand-in-hand with more satisfying relationships also being more likely to remain intact over time.

## OVERALL RELATIONSHIP SATISFACTION



This graph shows how each of you rated your relationship satisfaction. These overall evaluations of your relationship generally reflect the relative total of strengths and challenges in specific parts of your relationship. Research has found that the more satisfying a relationship is, the more likely it will be stable. Research also shows that even the best of relationships experience some fluctuation in satisfaction over the course of the relationship.

## PROBLEM AREAS SCALE



The **PROBLEM AREAS** scale is a measure of how often certain key areas have been a problem in your relationship. The areas reported on include:

*Financial matters, communication, having and rearing children, sexuality, parents, roles (who does what), weight, who's in charge, time spent together, and substance abuse.*

For your specific results on these scales, see the **DETAILED RESULTS** page.

### CHALLENGE

People who score in this area on the problem checklist report high levels of problems across a number of areas in their relationship.  
[Read more »](#)

### NEEDS IMPROVEMENT

Scoring in this section is a good indicator that you may wish to start evaluating your relationship and to begin working on problem...  
[Read more »](#)

### STRENGTH

People who score in this area of the scale see relatively low levels of problems in the relationship. They tend to feel that they...  
[Read more »](#)

**RESEARCH HAS SHOWN THAT THE OVERALL PROBLEM CHECKLIST RATING IS STRONGLY RELATED TO MARITAL SATISFACTION AND MARITAL COMMITMENT. SOME COUPLES MAY HAVE A LOW OVERALL SCORE, BUT STILL HAVE ONE OR TWO AREAS OF FREQUENT PROBLEMS. IT IS IMPORTANT TO NOTE THAT COUPLES WITH RELATIVELY LOW PROBLEM RATINGS DO NOT NECESSARILY HAVE LESS TROUBLES OR DIFFICULTIES THAN OTHER COUPLES; RATHER THEY ARE ABLE TO MANAGE THE DIFFERENCES IN THEIR RELATIONSHIP IN WAYS THAT MAINTAIN A SENSE OF PARTNERSHIP AND UNITY.**

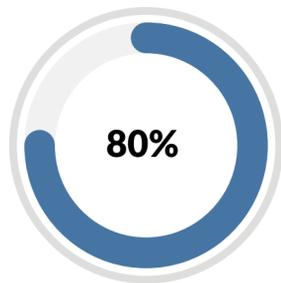


# RELATIONSHIP STABILITY

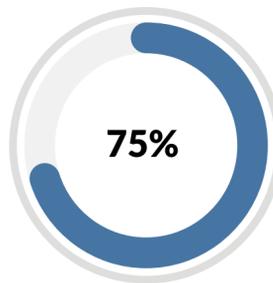
CHALLENGE

NEEDS IMPROVEMENT

STRENGTH



YOU



YOUR PARTNER

This graph shows how each of you rated your relationship stability

CHALLENGE

NEEDS IMPROVEMENT

STRENGTH

Scoring in this section is an indicator that you do not feel that your relationship is fulfilling. You may not be very satisfied with a number of aspects of your relationship, such as the amount of intimacy, or feelings of inequality. Below you will find those specific aspects of the relationship you are least satisfied with. Use the discussion questions below to discuss or think about how to improve these areas.

If you scored in this section, you probably have a few areas of your relationship where you are feeling dissatisfied with how things are going. This is not uncommon and you may currently just be in a rough patch. If you start to address some of the less fulfilling aspects of the relationship, you will probably find yourself moving out of this area and into the strength section. If not, you may just as quickly find yourself in the challenge area.

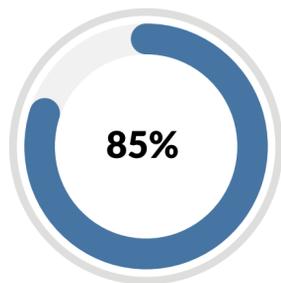
People who score in this area of the scale see relatively low levels of problems in the relationship. They tend to feel that they are able to deal with differences in the relationship without resulting in numerous unresolved issues.

# RELATIONSHIP SATISFACTION

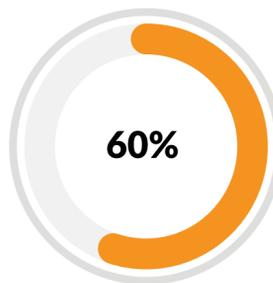
CHALLENGE

NEEDS IMPROVEMENT

STRENGTH



YOU



YOUR PARTNER

This graph shows how each of you rated your relationship satisfaction

CHALLENGE

NEEDS IMPROVEMENT

STRENGTH

Scoring in this section is a good indicator that your relationship might be in trouble. You may be thinking the relationship is not going...  
[Read more »](#)

If you score in this section, you may have experienced periods of questioning the relationship or hit a few rough spots in your...  
[Read more »](#)

Those who score in this section probably feel very good about the future of the relationship. You feel it will last a long time and do not ...  
[Read more »](#)

## DISCUSSION QUESTIONS

- What are the biggest stressors on the relationship? Are there any compromises that can be made that will strengthen the relationship?
- When conflicts occur in the relationship, are they usually resolved?
- How do you and your partner view intimacy? How can that be better implemented in the relationship to satisfy both you and your partner?
- In moments of instability, for what reasons do you and your partner stay committed to the relationship?
- How much quality time do you and your partner set aside for one another? What activities do you both enjoy that can be made routine to strengthen the relationship?

# RELATIONSHIP EFFORT



You

CHALLENGE

NEEDS IMPROVEMENT

STRENGTH

Your partner

80%

HOW YOU  
VIEW YOURSELF

65%

HOW YOUR  
PARTNER SEES YOU

45%

HOW YOU VIEW  
YOUR PARTNER

25%

HOW YOUR PARTNER  
SEES THEMSELVES

For your own full length,  
detailed report, try the  
Relate Assessment  
**TODAY**

The **RELATIONSHIP EFFORT** scale measures your and your partner's performance in use of ideas and skills to change your own behaviour and enhance your relationship. Effort is particularly important when initial attempts to improve the relationship do not work well.

IN RESEARCH WITH COUPLES, THE HIGHER THE RELATIONSHIP STRATEGIES AND EFFORT THE BETTER COUPLES SUSTAIN HIGH RELATIONSHIP SATISFACTION. USE OF STRATEGIES AND EFFORT IS PARTICULARLY IMPORTANT WHEN COUPLES ARE EXPERIENCING TIMES OF RAPID CHANGE OR STRESS.

RELATE INSTITUTE  
FINDINGS



# RELATE

People who have Relationship Effort scores in the challenge area are likely to have their relationships become less satisfying over time.  
[Read more »](#)

Scoring in this area is a good indication that you want to make your relationship successful and you put in a lot of effort. However, you may be...  
[Read more »](#)

People who score in the strength areas of these scales see themselves as using a lot of different ideas and approaches to being a more...  
[Read more »](#)

## DISCUSSION QUESTIONS

- What are some of your strategies for resolving relationship issues? How well have they worked in the past? How well are they working now?
- How could you help each other step outside of your comfort zone to try new ways of improving your relationship?
- How are you prioritizing your relationship? Try imagining what would happen if you changed your priorities.
- How do you show appreciation for the efforts your partner makes? How do they show appreciation for your efforts? How are you different?
- Do you tend to focus on those parts of your relationship which are out of your control or in your control? How might this change your strategies for improving your relationship?