

The Story of US

RELATIONSHIPS HEALTHCHECK

This is a simple healthcheck to help reflect on your relationships. A number of statements are made in each section, and you are invited to 'score' an answer for each statement. Feel free to move on to the next statement or section, if you feel the questions don't apply to you. After you have completed it, and if it is appropriate and helpful to do so, you may like to consider talking it through with someone who knows you well.



RIVERSIDE
CHURCH

GENERAL

1. I have a good amount of healthy and meaningful relationships

Very few



Good amount

2. I am satisfied with my closest relationships

Dissatisfied



Satisfied

3. The last 2 years have impacted my closest relationships

Negatively



Positively

4. I prioritise my closest relationships in a healthy way

Not really



Definitely

FRIENDSHIPS

1. I prioritise regular time with my friends

Rarely



Often

2. I am completely honest and vulnerable with my closest friends

Rarely



Often

3. I regularly spend time with friends who inspire me in my faith

Rarely



Often

4. I regularly take time to encourage and pray for my friends

Rarely



Often

FAMILY (feel free to choose either your immediate or wider family)

1. My family relationships are healthy and life-giving



2. I work hard at the relationships within my family



3. I prioritise helping my family members to flourish



4. I prioritise my family relationships in a healthy way



CHURCH

1. I view my relationships in church as being important for my life



2. I feel my relationships at church are healthy



3. I primarily think of church as being like a family



4. I see the role I can play to benefit the lives of others



WORK

1. My relationships at work are healthy

Unhealthy



Healthy

2. I can see ways that I am 'bringing life' to my colleagues

Can't see



Can see

3. I have appropriate boundaries in my work relationships

Few boundaries



Boundaries

4. I see ways I can improve my working relationships

Can't see



Can see

MARRIAGE

1. On the whole, my marriage is quite healthy

Unhealthy



Healthy

2. I prioritise my partner

Rarely



Often

3. We have a mutually satisfying sex life

Unsatisfying



Satisfying

4. We talk about the things we need to in a healthy way

Disagree



Agree