

Therapeutic Relationship Evaluation

Liza Young Counseling, LLC

Name: _____ Date: _____

- Married Length of Time: _____
- Dating Length of Time: _____
- Engaged Length of Time: _____

Mark all that apply, even if it was just once.

Section 1

- They blame me for most things.
- They bring up my past trauma/hurt to use against me.
- They make me feel like I'm crazy by saying something I said happened didn't happen.
- They make me feel crazy by making things up.
- They are very defensive.
- They give me the silent treatment.
- They accuse me of cheating.
- They accuse me of being controlling or abusive.
- They accuse me of being paranoid if I question something they have done.
- They call me a "narcissist".
- They make me feel crazy.
- They twist my words.
- They invalidate my feelings and experiences.
- Blames past relationships on the "crazy ex."
- They play "dumb" to avoid blame or avoid doing things I ask them to do.
- They try to pit me against others.
- They make me feel guilty.
- They blame alcohol, drugs, mental health, or past trauma on their behavior.
- They turn things around and blame me.
- They avoid accountability by denying or minimizing things.
- They contradict themselves and/or lie.

- They are usually defensive.
- They are hypocritical.
- They avoid accountability by blaming me.
- They apologize but continue to do the same thing.
- They never apologize.
- They promise to get help, go to therapy, go to church, change but either only go a few times or not at all.
- They promise hopeful future plans but don't deliver.
- They are not supportive of my dreams or interests.
- They try to, or have successfully, sabotage my goals or plans.
- They try to, or have successfully, sabotage important dates, events, or holidays.
- They are often jealous.
- They will stop talking to me for days, sometimes weeks when they are upset.
- They don't seem to care when I'm sick.
- They seem frustrated to take care of me if I'm sick.

Section 2

- They put me down and make me feel bad about myself.
- They call me names.
- They curse at me.
- They are critical of me; my appearance, what I wear, my accomplishments, etc.
- They demean or belittle me and my accomplishments.
- They criticize my parenting.
- They make harsh "jokes" and say, "I was just joking" or "You can't take a joke."
- They humiliate me.
- They are often sarcastic.
- They are often condescending.
- They compare me to others in a negative way.
- They are harsh with the children at times.
- They speak badly of me in front of the children.
- They put down my family and friends.
- They have spread lies about me.

Section 3

- They make me feel afraid by using looks, actions, or gestures.
- They throw or smashes things at times. They have destroyed property.
- They are unkind to the pet(s) or have kicked/hurt the pet(s).
- They have displayed a weapon(s) to intimidate me.
- They have gotten in my face when arguing.
- They harass me with constant texts or calls when I'm not with them.

Section 4

- They have to have a say in who I see and where I go.
- They limit (or try to) my outside involvement.
- They use jealousy to justify me not going places or talking to others.
- They keep me from (or try to) seeing friends and family.
- They coerced me to have a lot of children and stay at home with them.
- They are always on the computer/iPad/game/phone.

Section 5

- They prevent me from getting a job.
- They make me ask for money or take my money.
- They don't let me know about income and/or have access to the bank account.
- They spend money carelessly, and/or put us in debt, ruins our credit.
- They make me work and doesn't get or keep a job.
- I suspect they are hiding money.
- They don't seem to be able to keep a job.

Section 6

- They manipulate scripture to make me do things sexually.
- They manipulate scripture to make me "submit" or do other things.
- They become involved in church, possibly on staff or leadership position to maintain a good image.
- They tell me what God is saying to coerce me to do something.
- They make me feel like a bad spiritual person.
- They ridicule my spiritual practices.

- They say I'm not spiritual enough.

Section 7

- They make me do all the housework and hardly, if at all, helps around the house.
- They make me do all the childcare and hardly helps with the kids.
- They make all the decisions or make me feel like I am unable to make decisions.
- They seem controlling. I have to check with them first.
- They don't give me access to their passwords.

Section 8

- They help strangers or other people before helping me.
- They are an expert on everything.
- They are always the victim, it's always someone else's fault.
- They want all the attention.
- Sometimes I think they likes to fight/argue.
- They seek validation and admiration often.
- They seem entitled to whatever they want.
- They can be arrogant.
- They can't take criticism of any kind.
- They always have to win.
- They seem to be overcompensating for insecurity.

Section 9

- They threaten to hurt me.
- They threaten they will hurt themselves or me if I leave.
- They threaten to hurt my family.
- They threaten to take the kids from me.
- They threaten to take the money if I leave.

Section 10

- They coerce me to have sex with them or do something sexually.
- They hold me down during sex without my permission.
- They have choked me during sex.

- They ignore my feelings about sex.
- They make me watch porn or try things I am uncomfortable with.
- They have sex with me when I don't want to.
- They try to convince me that I wanted the unwanted sexual behavior.
- They accuse me of cheating.
- They have had or are having an affair.
- They watch porn.
- They withhold sex and/or affection from me when they are upset.
- They hide their phone from me or get defensive if I ask to see it.

Section 11

- They have blocked doorways to prevent me from leaving a room or the house.
- They have taken my keys or phone.
- They have locked me inside or outside of a room/closet/house.
- They have choked me.
- They have slapped/hit/shoved/pushed/kicked/punch/pinched me.
- They have grabbed me or thrown me.
- They have thrown things at me.
- They have been physical with the children.
- They have made me drop charges.
- I have called the police on them before.
- They have followed me or tracked me.
- They have recorded me.
- They use drugs.
- They drink alcohol, too much in my opinion.
- They have tried to get me to use drugs or drink more than I wanted.

Section 12

- Sometimes I feel like I have to walk on eggshells around them.
- When one of us comes home, I try to quickly sense what kind of mood they are in.
- I seem to often ask if they are ok.
- I try to analyze their energy shifts.

- I feel like they don't like me.
- It's not bad all the time, and that confuses me.
- I have to filter myself so I won't upset them.
- I feel more like their mother than their partner.
- I feel like I am a buffer between them and the kids.
- I monitor their moods and needs to avoid conflict.
- I often ask, "are you ok?"
- I feel like I'm "too much" for them.
- I don't feel prioritized by them.
- I feel like I am not allowed to need anything from them.
- I feel like I have to pretend I am not hurting.
- I feel like their needs and desires always come first.
- I am afraid to talk to them about anything important.
- I feel like I have to constantly prove myself.
- I sometimes sense that they are hiding something.
- I have caught them lying to me.
- Sometimes I feel like they have become a stranger to me.
- When they are around, I feel unsettled or fearful.
- When they are around, I feel like I need to behave differently.
- I feel like I don't know how to get close to them.
- I'm not sexually attracted to them anymore and/or it's hard to orgasm with them or enjoy sex with them.
- I feel like they do things to intentionally hurt me or put me down.
- They get angry or impatient with me over little things.
- I often find myself trying to anticipate their needs.
- I feel like they are disconnected during sex.
- I always feel like I need to try harder.
- I mentally rehearse the things I want to say to them.
- Sometimes I feel like most of our problems are my fault.
- I'm hyper aware of their mood change
- I feel responsible for making them feel better.
- I feel like I need to keep issues affecting our relationship a secret.

- I feel like I need to protect their image and reputation.
- It feels like they must always “win.”
- Other people see them differently than I do.
- I make excuses for their behavior.
- If something goes wrong in their life or someone doesn't like them, it is almost always someone else's fault.
- If I tell them they hurt my feelings, they tell me I'm being too sensitive.
- I'm not allowed to need anything.
- Everything is an attack on them.
- They like to be in control (of schedules, finances, decisions, appearances, etc.)
- I've noticed I have changed myself hoping it would change them.
- I have had children or wanted to, hoping it will make things better.
- I don't feel like they listen to me.
- I feel like I need to explain myself, lengthy emails/text messages.
- I feel like I need to show them proof or I record conversations, so I have proof of what they say or do.
- I doubt myself often.
- I don't feel appreciated by them.
- I wonder if I'm too sensitive.
- I deny my own needs and wants.
- I find myself trying to think of the good memories to justify the relationship.
- I feel helpless.
- I feel like I'm always apologizing just to keep the peace.
- I'm exhausted.
- I feel like I'm losing my mind, going crazy.
- I walk on eggshells.
- I'm too embarrassed to talk to others about our relationship.
- I'm distracted at work.
- I constantly ruminate on things.
- I have consistently struggled with my own self-esteem.
- I don't laugh like I used to.
- I don't trust my own judgment.

- I consistently feel depressed.
- I feel like I don't really matter.
- I feel like I'm never good enough.
- I don't feel safe.
- I feel lonely.
- I have brain fog.
- I feel lost and confused.
- I second guess myself often.
- I feel insecure.
- I feel like I've lost my identity, I don't know who I am.
- I feel like I have no value.
- I feel sad a lot.
- I'm not around my family or friends as much.
- I feel guilty that I'm unhappy.
- I feel like a shell of a person.
- I have had physical issues that may be stress related.
- There are times I don't want to go home.
- They come from an abusive or neglectful background.
- Their parent(s) might have been narcissists.
- I came from an abusive or neglectful background.
- My parent(s) might have been narcissists.

Thank you for completing this evaluation. I know it wasn't easy as I'm sure it brought up many painful experiences. If you checked any of the circles above it is possible that you have a level of toxicity in your relationship, possibly even abuse.

I know you are concerned about your relationship, and I want to help you!

If after taking this evaluation you decide you would like the Full Therapeutic Assessment as well (therapeutic assessment, recommendations, resources and plan) simply email me at liza@lizayoungcounseling.com, attach your completed evaluation and I will send you a link .

You are worthy of a safe, peaceful, and loving relationship. I'm here to help.

Sincerely, Liza Young