

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.

Add any additional information that you would like me to be aware of in this space:

Thank you for completing this evaluation. I know it wasn't easy as I'm sure it brought up many painful experiences.

Please email your completed evaluation to: liza@lizayoungcounseling.com

Allow 2-3 business days to receive your Therapeutic Relationship Assessment, complete with recommendations, resources, and next step plans!

You are worthy of a safe, peaceful, and loving relationship.

Sincerely, Liza Young