



Relationship Scale

On a scale of 1 -10 how happy are you with your family relations?

0 1 2 3 4 5 6 7 8 9 10
Miserable Okay Very Happy

What would you have to accept or change about yourself to make it a 10?

On a scale of 1 -10 how happy are you with your main partner?

0 1 2 3 4 5 6 7 8 9 10
Miserable Okay Very Happy

What would you have to accept or change about yourself to make it a 10?

On a scale of 1 -10 how happy are you with your kids?

0 1 2 3 4 5 6 7 8 9 10
Miserable Okay Very Happy

What would you have to accept or change about yourself to make it a 10?

On a scale of 1 -10 how happy are you with your friends?

0 1 2 3 4 5 6 7 8 9 10
Miserable Okay Very Happy

What would you have to accept or change about yourself to make it a 10?

On a scale of 1 -10 how happy are you with your co-workers?

0 1 2 3 4 5 6 7 8 9 10
Miserable Okay Very Happy

What would you have to accept or change about yourself to make it a 10?



On a scale of 1 -10 how happy are you with yourself?

0 1 2 3 4 5 6 7 8 9 10
Miserable Okay Very Happy

What would you have to accept or change about yourself to make it a 10?