

## THE RELATIONSHIP QUESTIONNAIRE

1. When a teenager drives by my yard with the car stereo blaring acid rock, I can feel my blood pressure starting to rise. T F
2. There are several people whom I trust to help solve my problems. T F
3. During the past week, I was bothered on three or more days by things that usually don't bother me. T F
4. If my haircutter were to trim off more hair than I wanted, I'd let him or her know in no uncertain terms. T F
5. If I needed help fixing an appliance or repairing my car, there is someone who could help me? T F
6. When I'm in the express "twelve items only" line at the supermarket, I almost always glance ahead to see if anyone has more than twelve items. T F
7. Most of my friends are more interesting than I am. T F
8. During the past week, on three or more days I did not feel like eating; my appetite was poor. T F
9. At work the pace is usually very hectic. T F
10. Most homeless people in large cities are down-and-out because they lack ambition or self-discipline. T F
11. There is someone who takes pride in my accomplishments. T F
12. At times in the past when I was very angry with someone, I have on occasion hit or shoved that person. T F
13. When I feel lonely, there are several people I can talk to. T F
14. During the past week, there were three or more days when I felt that I could not shake off the blues, even with help from my family or friends. T F
15. When I read in the news about drug-related crime, I wish the government had better educational and drug detoxification programs, even for pushers. T F
16. There is no one I feel comfortable talking to about intimate personal problems. T F
17. The AIDS epidemic is largely the result of irresponsible behavior on the T F

part of a small proportion of the population.

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| 18. During the past week I felt that I was just as good as other people more than half the time.  | T | F |
| 19. Apart from work, the pace of my life is very hectic.  | T | F |
| 20. When arguing with a friend or relative, I find profanity an effective tool.   | T | F |
| 21. I often meet or talk with family or friends.  | T | F |
| 22. When stuck in a traffic jam, I quickly become irritated and annoyed.  | T | F |
| 23. Most people I know think highly of me.  | T | F |
| 24. When a really important job needs to be done, I prefer to do it myself.   | T | F |
| 25. If I needed a ride to the airport very early in the morning, I would have a hard time finding someone to take me.   | T | F |
| 26. During the past week, there were three or more days when I had trouble keeping my mind on what I was doing.   | T | F |
| 27. My work is very demanding.  | T | F |
| 28. I usually prefer to keep my angry feelings to myself.   | T | F |
| 29. I feel as though my circle of friends doesn't always include me.  | T | F |
| 30. If another driver butts ahead of me in traffic, I'll drop back to avoid them.   | T | F |
| 31. There really is no one who can give me an objective view of how I'm handling my problems.   | T | F |
| 32. I felt depressed on three or more days during the past week.  | T | F |
| 33. If someone treats me unfairly, I'm apt to keep thinking about it for hours.   | T | F |
| 34. There are several different people I enjoy spending time with.  | T | F |
| 35. When the cars ahead of me on an unfamiliar road start to slow down and stop as they approach a curve, I usually assume someone up ahead has had a fender bender or worse. | T | F |
| 36. I think that my friends feel I'm not very good at helping them solve their problems.  | T | F |

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| 37. During the past week, there were three or more days when I felt that everything I did was an effort.   | T | F |
| 38. I'll usually try to correct another person who expresses an ignorant belief.   | T | F |
| 39. I experience being at home or engaging in leisure activities as very demanding.  | T | F |
| 40. It doesn't bother me to be in slow-moving bank or supermarket lines.   | T | F |
| 41. If I was sick and needed a friend, family member, or acquaintance to take me to the doctor, I would have trouble finding someone.  | T | F |
| 42. When someone is being rude or annoying, I can get rough with him or her.   | T | F |
| 43. If I wanted to go on a trip for a day (for example, to the beach), I would have a hard time finding someone to go with me.   | T | F |
| 44. During the past week, I felt hopeful about the future more than half the time.   | T | F |
| 45. Every time an election year rolls around, I learn anew that politicians cannot be trusted.   | T | F |
| 46. If I needed a place to stay for a week because of an emergency (for example, the electricity was out in my apartment or house), I could easily find someone who would put me up. | T | F |
| 47. Whenever an elevator stops too long on a floor above where I am waiting, I soon start to feel irritated.   | T | F |
| 48. I have no one with whom I can share my most private worries and fears.   | T | F |
| 49. When I'm around someone I don't like, I find it hard not to be rude to them.   | T | F |
| 50. During the past week, there were three or more days when I felt that my life has been a failure.   | T | F |
| 51. When I see a very overweight person walking down the street, I wonder why such people are so lacking in self-control.  | T | F |
| 52. If I was sick, there would be almost no one to help me with daily chores.  | T | F |
| 53. When riding as a passenger in the front seat of a car, I try to be alert for obstacles ahead.  | T | F |

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| 54. There is someone I can turn to for advice about handling problems with my family.   | T | F |
| 55. During the past week, I felt fearful more than half the time.   | T | F |
| 56. When someone criticizes something I have done, it makes me feel annoyed.  | T | F |
| 57. I am as good at doing things as most other people are.  | T | F |
| 58. When involved in an argument, I can feel my heart pounding and I breathe harder.  | T | F |
| 59. If I decided one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.          | T | F |
| 60. There were three or more nights during the past week when my sleep was restless.  | T | F |
| 61. I have a lot of privacy at work.  | T | F |
| 62. When a friend or coworker disagrees with me, I am apt to get into an argument with him or her.                                  | T | F |
| 63. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.                                   | T | F |
| 64. When someone else is speaking very slowly during a conversation, I am apt to finish his or her sentences.                       | T | F |
| 65. If I needed an emergency loan of one hundred dollars, there is someone (friend, relative, or acquaintance) I could get it from. | T | F |
| 66. It's fear of being caught that keeps most people from sneaking into a movie theater without paying.                             | T | F |
| 67. During the past week I was happy more than half the time.   | T | F |
| 68. Hearing news of another terrorist attack makes me feel like lashing out.  | T | F |
| 69. In general, people do not have much confidence in me.   | T | F |
| 70. When talking with my significant other, I often find my thoughts racing ahead to what I plan to say next.                       | T | F |
| 71. Most people I know do not enjoy the same things I do.   | T | F |

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| 72. At times in the past, when I was really angry, I threw things or slammed a door.   | T | F  |
| 73. There is someone I could turn to for advice about making career plans or changing my job.  | T | F\ |
| 74. During the past week, there were three or more days when I talked less than usual.   | T | F  |
| 75. At home or during leisure activities off the job, I have a lot of privacy.   | T | F  |
| 76. The little annoyances of everyday life often seem to get under my skin.  | T | F  |
| 77. I don't often get invited to do things with others.  | T | F  |
| 78. When I disapprove of a friend's behavior, I usually let him or her know about it.  | T | F  |
| 79. Most of my friends are more successful at making changes in their lives than I am.   | T | F  |
| 80. During the past week, I felt lonely more than half the time.   | T | F  |
| 81. I have very little control over how I spend my time at work.   | T | F  |
| 82. When checking in at an airline ticket counter, I generally leave the seat assignment to the agent.   | T | F  |
| 83. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.). | T | F  |
| 84. I feel grouchy some of the time during nearly every day of the week.   | T | F  |
| 85. There is really no one I can trust to give me good financial advice.   | T | F  |
| 86. During the past week, there were three or more days when people were unfriendly.   | T | F  |
| 87. If someone bumps into me in a store, I am apt to feel irritated at the person's clumsiness.  | T | F  |
| 88. If I wanted to have lunch with someone, I could easily find a person to join me.   | T | F  |
| 89. When my significant other is preparing a meal, I keep an eye on things   | T | F  |

to make sure nothing burns or cooks too long.

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| 90. I am more satisfied with my life than most people are with theirs.  | T | F |
| 91. I enjoyed life more than half the time during the past week.  | T | F |
| 92. At home and during leisure activities, I don't have much control over how I spend my time.  | T | F |
| 93. If a friend calls at the last minute, pleading that he or she is "too tired to go out tonight," and I'm stuck with a pair of twenty-dollar tickets, I will tell my friend how inconsiderate he or she is. | T | F |
| 94. If I were stranded ten miles from home, there is someone I could call who would come to get me.   | T | F |
| 95. When I recall something that angered me in the past, I feel angry all over again.   | T | F |
| 96. No one I know would throw a birthday party for me.  | T | F |
| 97. Many of the people I see walking around shopping malls are just wasting time.   | T | F |
| 98. It would be difficult to find someone who would lend me his or her car for a few hours.   | T | F |
| 99. During the past week, I had crying spells during three or more days.  | T | F |
| 100. When someone is hogging the conversation at a party, I make it a point to put him or her down.   | T | F |
| 101. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.  | T | F |
| 102. When I have to work with incompetent people, it ticks me off to have to put up with them.  | T | F |
| 103. I am closer to my friends than most other people are to theirs.  | T | F |
| 104. During the past week, I felt sad more than half the time.  | T | F |
| 105. I have very little latitude in making decisions at work.   | T | F |
| 106. When my spouse (boyfriend/girlfriend) is going to get me a birthday present, I usually prefer to pick it out myself.   | T | F |

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| 107. There is at least one person I know whose advice I really trust.  | T | F |
| 108. When I hold a poor opinion of someone, I will probably let him or her know about it.                              | T | F |
| 109. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me. | T | F |
| 110. During the past week, there were three or more days when I felt that people disliked me.                          | T | F |
| 111. In most arguments, I am the angrier one.  | T | F |
| 112. I have had a hard time keeping pace with my friends.  | T | F |
| 113. During the past week, I could not “get going” on three or more days.  | T | F |
| 114. At home or in my leisure activities, I have very little latitude in making decisions.                             | T | F |

## **SOCIAL SUPPORT**

The most direct indicator of the quality and quantity of your relationships is your score on the forty social support questions. Your total social support score is made up of four distinct kinds of support:

- *emotional support*: the degree to which you have someone who can help you deal with emotional problems
- *belonging support*: the degree to which you have a network of family and friends to do things with
- *tangible support*: the degree to which you have someone who can help you meet material needs (for example, a ride to the airport)
- *self-esteem*: the degree to which your relationships boost self-worth

To evaluate *emotional support*, give one point for each of these answers:

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|------|-------|
| 2-T  | 63-T  |
| 16-F | 73-T  |
| 31-F | 85-F  |
| 48-F | 101-F |
| 54-T | 107-T |

To measure *belonging support* from networks of family and friends, give one point for each of these answers:

13-T            59-T  
21-T            71-F  
29-F            77-F  
34-T            88-T  
43-F            96-F

To score *tangible support*, give one point for each of these answers:

5-T            65-T  
25-F            83-F  
41-F            94-T  
46-T            98-F  
52-F            109-F

To tally *self-esteem*, give one point for each of these answers:

7-F            69-F  
11-T            79-F  
23-T            90-T  
36-F            103-T  
57-T            112-F

Add up the components for your relationship scores:

Emotional Support \_\_\_\_\_  
Belonging Support \_\_\_\_\_  
Tangible Support \_\_\_\_\_  
Self-Esteem \_\_\_\_\_  
**Total Social Support** \_\_\_\_\_

The higher your social support score, the better your relationships. If your total score is below 28 (out of a possible 40), it would be wise to seek strategies to improve your relationships. To do so would increase the likelihood of your becoming (or remaining) a highly healthy person. If any component of total social support is seven or less, that particular component needs the most immediate attention.

## **DEPRESSION**

The loss of motivation and energy caused by depression can diminish, damage, or destroy relationships—and can reduce one’s health. You cannot be highly healthy and be depressed; they cannot coexist. This questionnaire can help you evaluate any depression that might be in your soul. To score your level of *depression*, give yourself one point for each of these answers:

3-T            60-T  
8-T            67-F  
14-T            74-T

18-F	80-T
26-T	86-T
32-T	91-F
37-T	99-T
44-F	104-T
50-T	110-T
55-T	113-T

If your depression score is 5 or higher, your level of depression is a matter of concern and is very likely not only affecting your relationships but also reducing your chances of being a highly healthy person.

## HOSTILITY

The questionnaire can help you screen for hostility as it comes to expression in cynicism, anger, and aggression. Each of these characteristics can lead you to mistrust—or be mistrusted by—others, thus damaging your relationships and your health.

To tabulate your level of *cynicism*, give yourself one point for each of these answers:

6-T	53-T
10-T	66-T
17-T	70-T
24-T	82-F
35-T	89-T
45-T	97-T
51-T	106-T

To record your level of *anger*, give yourself one point for each of these answers:

1-T	68-T
15-F	76-T
22-T	84-T
33-T	87-T
40-F	95-T
47-T	102-T
56-T	111-T
58-T	

To total your level of *aggression*, give yourself one point for each of these answers:

4-T	62-T
12-T	64-T
20-T	72-T
28-F	78-T
30-F	93-T

38-T            100-T  
42-T            108-T  
49-T

Add up your total hostility score:

Cynicism \_\_\_\_\_  
Anger \_\_\_\_\_  
Aggression \_\_\_\_\_  
**Total Hostility** \_\_\_\_\_

If your total hostility score is above sixteen, then your level of hostility is impairing your relationships—and that, I would predict, can keep you from becoming a highly healthy person.

## STRESS

Finally, the questionnaire will help you screen for high levels of stress at home or at play. Once again, give yourself one point for each of these answers:

19-T            92-T  
39-T            114-T  
75-F

A score of three or more suggests that work or leisure stress is impairing your relationships.

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*This Questionnaire is adapted from Virginia Williams and Redford Williams, Lifeskills (New York: Random House, 1998) and used with permission.*