Rate Lev	vel o	of Clo	osen	ess	in Re	elati	onsł	nip	
(very low)	2	3	4	5	6	7	8	9	10 (very high)
Rate Lev	vel o	of En	notic	onal	War	mth	n in f	Rela	tionship
1 (very low)	2	3	4	5	6	7	8	9	10 (very high)
Rate Lev	vel o	of Pl€	easu	re ir	n Rel	atio	nshi	р	
1 (very low)	2	3	4	5	6	7	8	9	10 (very high)
	vel c	of En	gage	eme	nt (A	bse	nce	of C	Conflict) in
Rate Lev Relation	iship)							
Relatior			4	5	6	7	8	9	10 (very high)
Relatior	2	3							

Relationship Satisfaction Worksheet—courtesy Allison Velez, LMHC, LMFT, CAP www.allisonvelez.com; www.emotionmastery.com