

# The Romantic Relationship Success Questionnaire

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## Romantic Relationship Success Questionnaire

For love to last, you need to go beyond just “falling” in love. For you to attract your life partner, your romantic “soulmate,” and to build a rich, fulfilling relationship, you must master a wide range of knowledge and skills. Without this mastery, the chances are dangerously high that your relationship will become another divorce statistic:

- ✚ 50% of first marriages end in divorce.
- ✚ 63% of second marriages end in divorce.
- ✚ Virtually all affairs end without becoming committed relationships.

*“In spite of the deep craving for love, almost everything is considered more important than love: prestige, money, power--almost all our energy is used for learning how to achieve these aim, and almost none to learning the art of loving.”*  
--Erich Fromm

The Romantic Relationship Success Questionnaire is not a psychological test. Your total score is less important than your rating on any item, because each item describes a skill that is critically important to your achieving your romantic success. Enjoy and learn!

Please read each of the following statements carefully. Reflect on it for a moment. Then write beside the question the number that best describes how you see yourself right now!

- 1 I have mastery of this item**
- 2 I am getting there**
- 3 I want more information/support**

- \_\_\_1. I have a clear vision of my ideal life and I fully understand the relationship of my vision to my quest for my Romantic Partner or Soulmate and my romantic success.
- \_\_\_2. I have a clear, articulated understanding of my life purpose, and the relationship between my life purpose and my quest for my Romantic Partner or Soulmate.
- \_\_\_3. I have clearly identified each and every one of my bottom line non-negotiable requirements which must be met in my Romantic Soulmate Relationship.
- \_\_\_4. I have a clear understanding of the practical “mechanics” or building blocks of my life vision. I also know the factors or elements that must be present in my romantic relationship for me to be able to work toward my life vision.
- \_\_\_5. I know clearly what behavior--the words and the actions--I need from a romantic partner to help me feel loved.
- \_\_\_6. I clearly understand how I contributed to the problems, issues, and/or conflicts that existed in my prior romantic relationships.
- \_\_\_7. I know and fully understand what action plan(s) I need to employ to move my life vision from a wish or a dream to a reality.
- \_\_\_8. I have a clear plan of how to attract my life partner, which is consistent with my life vision, my life purpose and my relationship requirements.
- \_\_\_9. I have clearly determined the criteria which I will use to decide whether to enter into an exclusive dating arrangement.

- \_\_\_10. I have clearly identified the criteria which I use to decide whether to enter into a Committed Romantic Relationship.
- \_\_\_11. I am living my life in a way which is consistent with my life purpose and which is moving me steadily toward making my life vision a reality.
- \_\_\_12. I can quickly and effectively determine at a first meeting or date whether someone sufficiently meets my requirements for a romantic relationship, so that I can decide whether exploring a relationship with him or her worthwhile.
- \_\_\_13. I know how to be certain whether someone who wants to enter into an exclusive relationship with me is a real, viable candidate for becoming my Life Partner and Romantic Soulmate.
- \_\_\_14. I am able to clearly articulate what I want and need from my partner in a romantic relationship in order to feel loved and cared for, and I can articulate those wants and needs in ways that make my partner feel valued, rather than criticized.
- \_\_\_15. I am continuously improving the relationship skills that are necessary to nurture and support my romantic relationship, so that the relationship lasts and continues to grow deeper and better.
- \_\_\_16. My existing social network provides me emotional support and those in the network continuously scout for potential life partners for me.
- \_\_\_17. I regularly go to places and engage in activities where I am most likely to meet the kind of person who fits my requirements for a romantic partner or soulmate.
- \_\_\_18. I truly understand now that doing the same thing I have always done in the past in seeking a romantic partner will get me what I've always gotten in the past.
- \_\_\_19. I understand how identifying the ways I learned to cope with my childhood challenges or pain both helps me to be healthier and helps my romantic relationship.
- \_\_\_20. I understand the power and value of a Committed Romantic Relationship in helping me to achieve my deepest psychological and emotional healing.
- \_\_\_21. I fully understand the psychological reasons why I am *unconsciously* attracted to certain persons regardless of whether or not they are good for me.
- \_\_\_22. I know and recognize clearly the personality characteristics to which I am *unconsciously* attracted and the reasons for my attraction.
- \_\_\_23. I understand the psychological reasons why my romantic partner will *unconsciously* frustrate or hurt me even if he/she *consciously* does not want to do so.
- \_\_\_24. I understand how I am likely to *unconsciously* frustrate and hurt my romantic partner, even though *consciously* I do not want to hurt my partner.
- \_\_\_25. I understand the *unconscious* pain which underlies *my behavior*, behavior that will frustrate or hurt my romantic partner.
- \_\_\_26. I have a specific action plan for helping my unconscious self to heal and evolve, so that I will both consciously and unconsciously be *attracted* to a more emotionally *conscious* and aware romantic partner.
- \_\_\_27. I have a specific action plan for helping my unconscious heal and evolve, so as to make *me* a more emotionally *conscious* and aware romantic partner.

- \_\_\_28. I understand the nature of *my* "presentational," "denied," "disowned," and "lost" self--the parts of me that I lost through various kinds of socialization, and I am fully aware of how these "lost" or suppressed parts of me can impact my romantic relationship.
- \_\_\_29. I am honest and always act with integrity in my dating and romantic relationships.
- \_\_\_30. I regularly share with my romantic partner my true experience of myself and my life concerns, as well as concerns and feelings about my romantic partner, even when it is difficult to do so or when I am concerned that my sharing may not be welcomed.
- \_\_\_31. I have the skills to encourage honesty and openness in others, including my romantic partner, and I use those skills regularly.
- \_\_\_32. I can easily acknowledge, internalize, savor, and really believe others' appreciations of me, when they express appreciation for my goodness, my desirability, my intelligence, my beauty, or some other attribute.
- \_\_\_33. I know how to express appreciation to others, particularly a romantic partner, even for small or simple things, and I can even "flood" someone with exuberant affirmations and love.
- \_\_\_34. I am able to easily voice my frustrations or discontent regarding something my partner says or does, or even about something unrelated to my partner, in a way that makes my partner feel safe and empathic rather than shamed and alienated.
- \_\_\_35. I understand how the hurts, fears, pain, and disappointments of my childhood often underlie my frustration with my romantic partner, and I am able to clearly articulate those underlying parts of my history to my romantic partner.
- \_\_\_36. When I am frustrated, I know how to translate my frustrations into specific, positive requests from my partner which can help address my frustration.
- \_\_\_37. I know my boundaries; I can respectfully set clear boundaries. I know how to say "no" when necessary and to make it clear that I really mean "no."
- \_\_\_38. I have said "good-bye" emotionally to all my prior relationship partners, releasing any anger, hurt, or sense of loss that I experienced either in the relationship or as a result of the relationship ending.
- \_\_\_39. I have no open doors with past relationship partners.
- \_\_\_40. I am able to self-disclose my hopes, dreams, fears, resentments and confusion.
- \_\_\_41. I can agree with someone else, including my romantic partner, without feeling "swallowed up" or losing my own identity.
- \_\_\_42. I can disagree my romantic partner or another person without feeling disabling fear.
- \_\_\_43. If after sharing my feelings and making myself vulnerable, I experience my partner as dismissing my feelings, shaming me, or otherwise negating my feelings, I know constructive, non-retaliatory ways of coping and sharing my feelings.
- \_\_\_44. I can listen carefully, accurately, attentively, and fully even under conditions of emotional challenge.

- \_\_\_45. I can readily acknowledge the logic or reasonableness of my partner's opinion, even when it involves a point of view with which I do not agree, or even when my partner's complaints or frustrations are about me.
- \_\_\_46. I am able to listen to others' expression of intense and deep emotions without feeling threatened or unsafe, even when the emotions involve anger directed at me.
- \_\_\_47. I consistently attend to and am conscious about my spiritual, physical and emotional self-care.
- \_\_\_48. I can readily affirm myself, without comparing myself to others or needing everyone to like me or be attracted to me.
- \_\_\_49. I am able to be authentically "myself" at all times in a romantic relationship, and do not feel the need to mask myself or act like someone else in order to please or impress my partner.
- \_\_\_50. I continue to live my life according to my values and life purpose and to take action steps toward making my ideal life vision a reality, whether I am with a romantic partner or not.

**CONGRATULATIONS ON COMPLETING THIS QUESTIONNAIRE! WE KNOW IT TAKES A LOT OF HONEST MIND AND HEART SEARCHING.**

*If you would like help in improving your mastery in any of these crucial skills necessary for romantic success, call us at SinglesAndSoulmates™ (301-907-3377) to see which program would be best for you. You can also email us at [info@bccounseling.com](mailto:info@bccounseling.com)*

**In general:**

- 🌟 **CONSCIOUS DATING**, our relationship success training program for singles, will help you develop Skills No. 1 through 11.
- 🌟 **THE ADVANCED COACHING TEAM**, available to those who have completed **CONSCIOUS DATING** will help you to develop Skills No. 12 through 18.
- 🌟 **To develop skills No. 19 through 50 consider:**
  - **PREPARATION FOR THE DANCE OF INTIMACY** (for singles)
  - **INVITATION TO THE DANCE** (for couples when only one partner is willing to seek help)
  - **IMAGO THERAPY** (for all couples)
  - **MASTERING THE DANCE** (group for couples)

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