

# Healthy & Unhealthy Relationship Intimacy Questionnaire

Define Relationship

Define Intimacy

Types of Relationships

Healthy vs. Unhealthy

What comes to mind when you think of relationships?

How is your relationship with yourself?

What was the earliest relationship you can remember?

Were the needs you had met in each individual relationship?

How would you describe your relationships?

How much time and resources have you expended in relationships?

Are you spiritually equipped to be in relationships?

## Relationship Tree:

- † Purpose of each relationship
  - a. Motives behind relationship
  - b. Relationship outcomes
  - c. Seasonal relationships
- † Place of Love relationship
- † Relationship boundaries/stagnation
- † Relational idolatry
- † Relational suicide
- † Relationship Roles
  - a. Do you lose identity in any of your relationships?
  - b. Look introspectively at your relationships and evaluate have you glorified Christ or crucified him?

## Relationship Victimization:

- † Do you gel with others or clash with them?
- † Complacency and convenience vs. Authenticity and truth
- † Are you responsible for others in relationships?
- † Are your new relationships really new or different person, same thing?

Has any relationship suffered for the sake of another? How has that compromise affected you?

What was your worst relationship and why? Do you have a habit of being involved in this type of relationship?

What was/is your ideal relationship and why?

Relationship is a general term which can apply across the board (relationship with your partner, work, others, family, etc.)

1. List the names of God that are relationally meaningful to you under God the Father, God the Son & God the Holy Spirit (i.e., God the Father as God the Husbandman).
2. List the top ten relationships you have.
3. Look at the ten relationships. Do they carry the fundamental principles that you have relationally with God
4. Do you sense that your thoughts and/or behaviors relative to others and your relationship with him or her are causing problems in your life?
5. What kind of people do we relationally attract?
6. According to Mark 4 what type of seed are you for your friends?
7. (Part 2 to #6) What type of soil are you? How do you receive the Word of God?
8. Can God use you to build his people in His Kingdom?.
9. Do you willingly pray for the contacts in your phone, email, twitter, facebook, etc.,?
10. Have thoughts about your relationship with others interfered with your ability to function?
11. Do you fail to meet commitments or fail to carry out responsibilities because of your relationship?
12. Do you focus more on your relationships in order to escape, deny, or numb your feelings?
13. Is more of your time given to the relationships that you are involved in more or less than you would like to?
14. Have you taken financial risks with your own resources by giving or loaning others things
15. Does it seem as though there is another person or force inside of you that drives you to get into or stay in relationships?
16. Do you think/feel that you are not giving enough of yourself to others?
17. Do you feel empty in your relationships?

18. Have you every promised yourself that you would never be taken advantage again?
19. Do you find yourself dressing or styling yourself (i.e., haircuts, colors, colognes, perfumes, etc.) in such a way consciously or unconsciously for attention?
20. Do you focus or engage in relationships or other relationships in order to deal with, deny, or avoid problems in your life?
21. Do others use threats or promises in order to keep you in relationships or make you feel obligated to do things for them?
22. Have you or are you currently staying in a marriage or relationship only because you think or feel that no one else would want you or concerned about what others would say?
23. Do you sometimes find yourself flirting with someone and wonder how it happened?
24. Do you find gratification when others compliment, smile, hug, etc., you?
25. Do you think that your body, looks, appearance, style of dress, car, abilities (i.e., sexual, influence, the way you speak) are the most important quality you have to offer another person?
26. When you have child care responsibilities, do you put a higher priority on your spouse than you do on the welfare of the children in your care?
27. Do your relationships interfere with your spiritual life?
28. Do you find yourself mandating those you are with to go to church?
29. Have you sought medical attention for anything related to sexual activities?
30. Are you afraid to leave your spouse, or others alone with children for fear that something may happen?
31. Have your relationships ever led you to consider suicide or self-mutilation, worry, depressed, drink?
32. When you are in a relationship with someone, do you try to make sure that another person is available to you just in case anything goes wrong (use of facebook, chat rooms, twitters, myspace, texting)?
33. Do you stay in relationships because you feel it is better than being alone?

34. Are you uncomfortable with your spouse's need for sex or the nature of the sexual behavior they desire?
35. Are you afraid to say no to sex with your spouse or to participate in certain sexual activities with them?
36. Do you feel exploited in any of your current relationships with others, home, work, church? Explain