

# Relationship Survey\*

## What This Information Can Do For You

This information is designed to help you do three things:

- Clarify your own attitudes about relationships
- Set long-term goals for future, permanent relationships
- Set short-term goals for current relationships

The questions in each section are intended to help you gain new insights into your lifestyle and goals. Though self-examination is sometimes uncomfortable, it often brings great reward, so we encourage you to answer the questions honestly and act on any discoveries you make. We think you'll be glad you did.

## The Three Sections

1. The first section is a survey; a series of questions about your feelings and opinions. Completing this section may help you organize your opinions and set goals for your relationships.
2. The second section is also a survey, but this time the questions will be about your own experiences rather than your opinions. Your answers to these questions will help you to evaluate your progress toward meeting your goals for relationships, and point out areas for action.
3. The third section will help you use the information you have developed in sections one and two to make a specific plan to create the kinds of relationships you want.

## Section One – Opinions & Feelings About Relationships

1. On a scale of one (least) to ten (most), how important to you are your relationships with people of the opposite sex? 1 2 3 4 5 6 7 8 9 10
  
2. Are you currently in a sexual relationship? \_\_\_Yes \_\_\_No
  
3. Would you like to be married some day? \_\_\_Yes \_\_\_No  
Why? (or why not?)
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
4. Would your boyfriend/girlfriend like to be married some day? \_\_\_Yes \_\_\_No  
Why? (or why not?)
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
5. How important is it to you that your boyfriend/girlfriend is involved physically and emotionally with you only? 1 2 3 4 5 6 7 8 9 10
  
6. If you marry, how important will it be that your husband/wife is completely faithful to you? 1 2 3 4 5 6 7 8 9 10
  
7. How committed will you be to complete faithfulness to your husband/wife? 1 2 3 4 5 6 7 8 9 10
  
8. If you knew your future husband/wife right now, would you want him/her to have sexual relationships with other women/men? 1 2 3 4 5 6 7 8 9 10
  
9. If your future husband/wife knew you right now, how concerned might he/she be about your premarital sexual activity? 1 2 3 4 5 6 7 8 9 10
  
10. Does the risk of getting a sexually transmitted disease affect your choices about sexual activity? 1 2 3 4 5 6 7 8 9 10

11. How concerned are you about getting pregnant right now? 1 2 3 4 5 6 7 8 9 10

12. What would be your three biggest problems with a premarital pregnancy?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

13. What are your personal beliefs about sex?

- a. OK in marriage.
- b. OK in a serious relationship.
- c. OK anytime, as long as both partners agree.

14. Have you ever felt guilt as a result of your sexual activity? \_\_\_Yes \_\_\_No

15. What does this guilt mean to you?

---

---

16. What are your personal beliefs about God?

- a. I don't believe in God.
- b. I think there's a God, but I'm not really sure.
- c. I believe in God and know what he wants.

17. What are your parents' beliefs about sex?

- a. Ok in marriage.
- b. OK in a serious relationship.
- c. OK anytime, as long as both partners agree.

18. What are your parents' beliefs about God?

- a. They don't believe in God.
- b. They think there's a God, but they are not sure.
- c. They believe in God and know what he wants.

19. Finally, list three things you want to accomplish in the future. (For example: a college education, a particular career, a happy marriage, children, a nice home, etc.)

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

## Section Two – Relationship History

1. On a scale from one (least) to ten (most), how satisfied are you with your current relationship?  
1 2 3 4 5 6 7 8 9 10

2. Again, on a scale from one to ten, how likely is it that this relationship will continue for more than one year?  
1 2 3 4 5 6 7 8 9 10

3. How likely is it that this relationship will result in marriage? 1 2 3 4 5 6 7 8 9 10

4. Have you seriously discussed the future of your relationship with your boyfriend/girlfriend?  
\_\_\_Yes \_\_\_No

5. How long have you know your boyfriend/girlfriend? \_\_\_Months \_\_\_Years

6. For how long have you been dating? \_\_\_Months \_\_\_Years

7. How long has sex been a part of your relationship? \_\_\_Months \_\_\_Years

8. Who was most anxious for there to be sexual expression within your relationship?  
\_\_\_You \_\_\_Your partner

9. Do you spend more or less time talking about things than you did before sex became a part of your relationship?  
\_\_\_More \_\_\_Less

10. Are there more or less arguments in your relationship now than there were before you started having sex?  
\_\_\_More \_\_\_Less

11. Was your relationship more or less enjoyable before you and your boyfriend/girlfriend started having sex?  
\_\_\_More \_\_\_Less

12. How would your boyfriend/girlfriend respond if you told him/her that you want to continue the relationship, but without sex?

---

---

13. Is your current boyfriend/girlfriend your first sexual partner?  Yes  No
14. Are you his/her first sexual partner?  Yes  No
15. Have you seriously discussed the risks of sexually transmitted diseases?  Yes  No
16. Have you ever been exposed to a sexually transmitted disease?  Yes  No
17. Has your boyfriend/girlfriend or any of his/her previous sexual partners ever been exposed to a sexually transmitted disease?  Yes  No
18. Have you ever been shown the risks of sexually transmitted diseases?  Yes  No
19. Have you ever been pregnant?  Yes  No
20. If your boyfriend/girlfriend asked to continue his/her relationship with you but without sex, how would you feel?
- 
- 

### **Observations**

Many people who complete this survey discover that they are quite concerned about the risk of pregnancy, sexually transmitted diseases, and their sexual partner's long-term commitment. Perhaps your responses express some of these same concerns.

It is possible to avoid the risks of sex without sacrificing the benefits of romantic relationships. In fact, many people find that their enjoyment in dating relationships is increased when sex is placed off-limits--reserved for permanent relationships.

Beyond freedom from worry about pregnancy and disease, there are other benefits. Some people find that their boyfriends or girlfriends show more interest in their personality and feelings, and that less emphasis is placed on their bodies. There is greater respect, greater confidence and less pressure to prove commitment through physical contact.

Relationships that don't work out have an opportunity to end gracefully, and those that endure develop a strong foundation for marital friendship, commitment, and a truly safe and satisfying sexual expression.

## Section Three – Planning For A Permanent Relationship

### Part One: Evaluation

1. In Section One you expressed three goals for the future. Do you feel that your present lifestyle is bringing you closer to or further away from these goals?      \_\_\_Closer    \_\_\_Further

2. How would getting a sexually transmitted disease affect your future goals?

---

---

3. How would getting pregnant affect your future goals?

---

---

4. How would the person you want to marry some day feel about your current relationships?

---

---

5. Do you see areas in your life that need to change in order to reach your goals?

\_\_\_Yes    \_\_\_No

6. What are they?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

## Part Two: Planning

1. What steps can you take to begin these changes?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. How will these steps affect your current relationship?

\_\_\_\_\_

3. How will you feel if that happens?

\_\_\_\_\_

4. How will these steps affect your relationship with your parents?

\_\_\_\_\_

5. ...your relationship with your friends?

\_\_\_\_\_

6. ...your relationship with God?

\_\_\_\_\_

7. How would you feel about the change in these relationships?

\_\_\_\_\_

8. Who would agree and support you in taking these steps?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_