

THE
LOVE LADDER

HOW TO FIND AND GROW THE LOVE YOU WANT
USING TIMELESS REALTIONSHIP SECRETS REVEALED STEP-BY-STEP

Relationship Evaluation
Questionnaire Worksheet

Brad McMurrey

Books by Brad McMurrey

THE LOVE LADDER

*How to Find and Grow the Love You Want
Using Timeless Relationship Secrets Revealed Step-by-Step*

Would you like to:

- Have the timeless secrets of love at your fingertips?
- Know who's right for you and who isn't?
- Deepen the level of commitment with your partner?

You can do all these things and more! The author has spent decades collecting and summarizing all the great relationship ideas **so you don't have to!** In this first of its kind book, these ideas are presented as step-by-step actions that help you find love and make it an integral part of you and your partner's daily lives.

THE SUCCESS LADDER

*How to Achieve Personal and Career Success
Using Timeless Secrets Revealed Step-by-Step*

Would you like to:

- Have the timeless secrets of personal and business success at your fingertips?
- Know how to get motivated, establish your goals, and execute your plan for personal improvement and achievement?
- Know how to perform project management, decision making, problem solving, leadership, marketing, negotiation, and many other business activities?
- Have all this information organized for action when you need it?

You can have this and more. The author has spent decades collecting and summarizing all the great success ideas **so you don't have to!** In this first of its kind book, these ideas are presented as step-by-step actions that help you achieve your personal and financial dreams.

They don't teach this in school!

THE LOVE AND SUCCESS LADDERS COMBINED

Why not get both volumes as a single book? We made it easy for you to own both volumes by offering them in a convenient combo pack at a combo price.

Books may be purchased from:
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The Love Ladder Relationship Evaluation Questionnaire Worksheet

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Purpose:

This worksheet is provided for use with *The Love Ladder: How to Find and Grow the Love You Want Using Timeless Relationship Secrets Revealed Step-by-Step*.

It provides spaces for the scores corresponding to the relationship evaluation questions and rating criteria in Chapters 1-7. It is not to be used alone but along with those questions. (Many details of the questions and evaluation criteria are not included here.) Remember that scores are between 1 and 5 and scores between whole numbers may be assigned, for example 2.5.

Chapter 1: High Level Evaluation

Companionship

Rating Number___ Requirement Number___

Communication

Rating Number___ Requirement Number___

Conflict Management

Rating Number___ Requirement Number___

Chemistry

Rating Number___ Requirement Number___

Connection

Rating Number___ Requirement Number___

Commitment

Rating Number___ Requirement Number___

Chapter 2: Detailed Companionship Evaluation

Shared interests

Rating Number___ Requirement Number___

Time together

Rating Number___ Requirement Number___

Activity enhancement

Rating Number___ Requirement Number___

Travel

Rating Number___ Requirement Number___

Chapter 3: Detailed Communication Evaluation

Ability to communicate

Rating Number___ Requirement Number___

Sharing of thoughts

Rating Number___ Requirement Number___

Sharing of feelings

Rating Number___ Requirement Number___

Resonance and synergy

Rating Number___ Requirement Number___

Sharing of beliefs, values priorities, goals, dreams, and positions on major issues

Overall Sharing Rating Number___ Overall Sharing Requirement Number___

Issues

1. Needs or wants

Rating Number___ Requirement Number___

2. Power, control or decision making

Rating Number___ Requirement Number___

3. Expectations for partner or a desire to change him or her

Rating Number___ Requirement Number___

4. Time

Rating Number___ Requirement Number___

5. Sex

Rating Number___ Requirement Number___

6. Interests and activities, recreation, social behavior, personality differences

Rating Number___ Requirement Number___

7. Allocation of responsibilities including household chores and outdoor work

Rating Number___ Requirement Number___

8. Money

Rating Number___ Requirement Number___

9. Priorities, goals, and dreams

Rating Number___ Requirement Number___

10. Health, fitness, appearance, smoking, drugs, alcohol

Rating Number___ Requirement Number___

11 Major bad behaviors

Rating Number___ Requirement Number___

12. Annoying bad behaviors

Rating Number___ Requirement Number___

13. Religion: beliefs and behavior

Rating Number___ Requirement Number___

14. Children issues and parenting methods

Rating Number___ Requirement Number___

15. The future

Rating Number___ Requirement Number___

16. Relatives

Rating Number___ Requirement Number___

17. Friends and future relations with them

Rating Number___ Requirement Number___

18. Values

Rating Number___ Requirement Number___

19. Work

Rating Number___ Requirement Number___

20. Where to live

Rating Number___ Requirement Number___

21. Travel and vacations

Rating Number___ Requirement Number___

22. Former relationships

Rating Number___ Requirement Number___

23. Politics

Rating Number___ Requirement Number___

24. Relationship has gone stale

Rating Number___ Requirement Number___

25. Physical or emotional abuse

Rating Number___ Requirement Number___

26. Maturity

Rating Number___ Requirement Number___

Chapter 4: Detailed Conflict Management Evaluation

Frequency of arguments

Rating Number___ Requirement Number___

Escalation

Rating Number___ Requirement Number___

Permanent damage

Rating Number___ Requirement Number___

Chapter 5: Detailed Chemistry Evaluation

Level of Attraction

Rating Number___ Requirement Number___

Quantity

Rating Number___ Requirement Number___

Pleasure

Rating Number___ Requirement Number___

Passion

Rating Number___ Requirement Number___

Variety

Rating Number___ Requirement Number___

Knowledge of your needs and desires

Rating Number___ Requirement Number___

Willingness to please

Rating Number___ Requirement Number___

Responsiveness

Rating Number___ Requirement Number___

Chapter 6: Detailed Connection Evaluation

How your partner makes you feel

Overall Rating Number___ Overall Requirement Number___

How much do you feel

- | | |
|---------------------------------------|--|
| 1) Loved? | Rating Number___ Requirement Number___ |
| 2) Cared for? | Rating Number___ Requirement Number___ |
| 3) Understood? | Rating Number___ Requirement Number___ |
| 4) Accepted? | Rating Number___ Requirement Number___ |
| 5) Trusted? | Rating Number___ Requirement Number___ |
| 6) Respected? | Rating Number___ Requirement Number___ |
| 7) Admired? | Rating Number___ Requirement Number___ |
| 8) Special? | Rating Number___ Requirement Number___ |
| 9) Appreciated? | Rating Number___ Requirement Number___ |
| 10) Safe, emotionally and physically? | Rating Number___ Requirement Number___ |

How you feel about your partner

Overall Rating Number___ Overall Requirement Number___

How much do you

- | | |
|---|--|
| 1) Love and feel close to your partner? | Rating Number___ Requirement Number___ |
| 2) Understand, support, and encourage your partner? | Rating Number___ Requirement Number___ |
| 3) Care for your partner? | Rating Number___ Requirement Number___ |
| 4) Accept your partner? | Rating Number___ Requirement Number___ |
| 5) Trust your partner? | Rating Number___ Requirement Number___ |
| 6) Respect your partner? | Rating Number___ Requirement Number___ |
| 7) Admire your partner? | Rating Number___ Requirement Number___ |
| 8) Feel that your partner is special? | Rating Number___ Requirement Number___ |
| 9) Appreciate your partner? | Rating Number___ Requirement Number___ |
| 10) Help your partner feel safe emotionally and physically? | Rating Number___ Requirement Number___ |

Agreement on major issues

Rating Number___ Requirement Number___

Sharing deep personal information

Rating Number___ Requirement Number___

Chapter 7: Detailed Commitment Evaluation

Current commitment level

Rating Number___ Requirement Number___