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CAQ (M. Parish)

NAME _____ **Date** _____

This is a questionnaire that provides me with information about the way you and your partner relate to and feel about one another. It can help me evaluate your relationship and offers valuable information for me to better help you.

Please read the following statements. You may agree with them or you may disagree from them. If you agree, please rate your agreement on a scale of 1 to 10. If you disagree, please rate your disagreement on a scale of -1 to -10. There is no right or wrong answer. Please base your answers on how you feel about your partner right now, this minute.

1

- I especially enjoy being with my partner _____ (1)
- I look forward to seeing my partner _____ (1)
- After we have been apart, I am eager to see my partner again _____ (1)
- Sometimes I miss my partner when he/she is not around _____ (2)
- I like to have contact with my partner even on the phone _____ (1)
- I often think about my partner when he/she is not around _____ (9)
- Even when I am not with my partner, thinking about him or her is comforting _____ (9)
- I have loving feelings for my partner _____ (7)
- There is no one else like my partner _____ (8)

2

- I feel anxious when my partner is away _____ (2)
- I feel uncomfortable when my partner goes away without me _____ (2)
- I do not like it when my partner can't be with me. _____ (2)
- It bothers me when I am unable to be with my partner _____ (2)
- It is important to me to be able to see my partner regularly _____ (1)
- I feel sexually attracted to my partner _____ (7)
- I feel the presence of my partner in my daily life _____ (9)
- I am sometimes surprised I have such strong emotional reactions to things my partner says or does _____ (7)

3

- My partner is understanding of my problems _____ (6)
- My partner is sensitive to my feelings _____ (6)
- When I am upset, my partner responds in a helpful way _____ (6)
- I believe my partner always tries to be helpful to me _____ (6)

My partner is available when I need him/her _____ (6)
I turn to my partner for comfort and support _____ (4)
I feel very safe with my partner _____ (4)
When I feel upset about something, I want to talk with my partner about it _____ (4)
I am eager to tell my partner about my accomplishments _____ (3)

4

I could easily have this same sort of relationship with someone else _____ (8)
My partner is more important to me than most other people are. _____ (8)
It would be difficult for me to replace my partner with someone else _____ (8)
My relationship with my partner is different from any other relationship I have had _____ (8)
Knowing that my partner is there gives me a sense of confidence _____ (3)
My partner provides me with a sense of security _____ (4)
I have especially strong feelings about my partner _____ (7)
At times I have felt furious a my partner _____ (7)

5

My partner helps me to explore new ideas _____ (3)
I feel more able to do new things since I have known my partner _____ (3)
Having my partner in my life helps me to do my work _____ (3)
Being with my partner makes me feel very calm and reassured. _____ (4)
Sometimes I imagine talking to my partner when he/she is not around _____ (9)

6

I feel that my partner is wiser than I am. _____ (5)
I look up to my partner _____ (5)
My partner is a stronger person than I am. _____ (5)
When I have a problem, I sometimes wonder what my partner would do in the same situation _____ (9)
I admire my partner _____ (5)
My partner knows a lot about life. _____ (5)