

THE CENTER FOR RELATIONSHIP ENRICHMENT  
Church Relationships Assessment

For Office Use Only  
Denomination

SECTION 1: Tell us about you.

1. Gender  1 Male  2 Female
2. Age  1 18 - 25  2 26 - 35  3 36 - 50  4 51 - 65  5 Over 65
3. Education (Mark highest that applies)
- 1 Grade School through eighth grade
  - 2 Some High School
  - 3 High School Graduate
  - 4 Trade, Tech or Business School certificate or diploma
  - 5 Some College
  - 6 Associate Degree
  - 7 Bachelor's Degree
  - 8 Master's, Doctorate, or Other Graduate Degree
4. Racial Identity
- 1 Asian / Pacific-Islander
  - 2 Black / African-American
  - 3 Hispanic
  - 4 Native-American / Indian
  - 5 White / Euro-American
  - 6 Other
5. Relationship Status
- 1 Single, never married
  - 2 Single, divorced
  - 3 Single, widowed
  - 4 Engaged
  - 5 Married
  - 6 Separated
  - 7 Remarried after divorce
  - 8 Remarried after death of spouse
  - 9 Living in a committed relationship
6. Combined Family Income
- 1 Less than \$15,000
  - 2 \$15,000 to \$29,999
  - 3 \$30,000 to \$44,999
  - 4 \$45,000 to \$59,999
  - 5 \$60,000 to \$79,999
  - 6 \$80,000 to \$100,000
  - 7 Over \$100,000
7. Employment Status (Mark only one)
- 1 Homemaker
  - 2 Self-employed
  - 3 Unemployed
  - 4 Skilled Trade
  - 5 Professional
  - 6 Administrative Support
  - 7 Sales
  - 8 Retired
  - 9 Student (full-time)
  - 10 Service
  - 11 Laborer

SECTION 2: Tell us about your church

8. How long have you been attending worship services or activities at this church?
- 1 One year or less
  - 2 1 to 2 years
  - 3 3 to 5 years
  - 4 6 to 9 years
  - 5 10 to 19 years
  - 6 20 or more years
  - 7 Visiting from another church
  - 8 Visiting and do not regularly attend anywhere else
9. Are you currently a member of this church?
- 1 Yes
  - 2 No, but I'm in the process of becoming a member
  - 3 No, but I regularly worship here
  - 4 No
10. On the average, about how often do you attend church worship services?
- 1 This is my first time
  - 2 Hardly ever or special occasions only
  - 3 Less than once a month
  - 4 About once a month
  - 5 About two or three times a month
  - 6 Usually every week
  - 7 More than once a week
11. Are you regularly involved in any group activities here? (Mark as many as apply)
- 1 Yes, in Sunday School
  - 2 Yes, in small group or home fellowship
  - 3 Yes, in prayer, discussion, or Bible study groups
  - 4 Yes, in clubs or other social groups
  - 5 No, we have no group activities
  - 6 No, I am not regularly involved in group activities

39. When my "emotional buttons" get triggered, I can easily identify the button(s) that got pushed.

40. I can put into words what I want or need.

41. I am able to do things as well as most other people.

42. I sometimes blame others for how I feel.

43. At times, I tell myself that I shouldn't be feeling a certain way.

44. I often find myself engaged in heated arguments with the people who are close to me.

45. When I experience emotions, I know the reason(s) why.

46. I have what it takes to be successful in life.

47. I feel I do not have much to be proud of.

48. It's easy for me to get carried away by other people's emotions.

49. I remain clearheaded and behave calmly under stressful situations or during a crisis.

50. Sometimes I have been so angry that I've wanted to hit someone or something, or break things.

51. I pay attention to my thoughts and actions that could be causing how I feel.

52. I spend too much time worrying about what other people might think of me.

53. I take a positive attitude toward myself.

54. I readily admit when I'm wrong.

55. I deal with my painful emotions so that I don't get overwhelmed by them.

56. I can stop myself from losing my temper.

57. I understand how my feelings influence my thoughts and actions.

58. I understand who I am as a person.

59. On the whole, I am satisfied with myself.

60. I consistently admit when I've made a mistake.

61. I express my feelings in healthy and appropriate ways.

62. When I get upset, I often blurt out things I later regret saying.

63. I know fairly well how I tend to come across to others.

64. I can control my angry feelings.

65. I wish I could have more respect for myself.

66. I find myself going along with a situation even if I don't feel good about it.

67. When I'm feeling upset, I try not to act on my first impulse.

68. I'm aware of how my emotions impact others.

69. I know myself pretty well.

70. I certainly feel useless at times.

71. I know when to speak about my personal problems to others.

72. When I get angry, I do something relaxing to calm down.

73. When I experience a positive emotion, I know how to make it last.

74. I pay a lot of attention to how I feel.

75. I can describe myself accurately.

76. At times I think I am no good at all.

77. If someone is upset, I get upset too.

78. When I am faced with obstacles, I remind myself of times I faced similar obstacles and overcame them.

79. I tend to keep angry feelings inside or "bottled up" rather than expressing them.

80. Being around people who are depressed brings my mood down.

81. When I am faced with a challenge, I give up because I believe I will fail.

82. I reduce my anger as soon as possible.

#### SECTION 4: Tell us about your relationship with others

83. Others describe me as a pretty softhearted person.

84. People tell me that I'm a good listener.

85. I go out of my way to avoid conflict.

1 = Strongly disagree  
2 = Mildly disagree  
3 = Mixed  
4 = Mildly agree  
5 = Strongly agree