

Explanation of Relationship Evaluation Assessment

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Transfer the totals for each column of statements to the following boxes.

Pre-Encounter	Intra-Encounter	Post-Encounter
Total _____ points	Total _____ points	Total _____ points

Explanation of Scores

- A score between 0 and 4 points in any section suggests the relationship is energy-drain.
- A score between 5 and 8 points in any section indicates the relationship is energy-neutral.
- A score between 9 and 12 points in any section indicates the relationship is energizing.

Add scores for all three columns together for a total overall number of points _____.

- **An overall score between 0 and 12.** This suggests that the relationship is energy draining and needs careful evaluation. You will need to determine if there are valid reasons for continuing the encounters. Perhaps the relationship involves an individual with whom you work, or a family member you love (but may not like very much or like even though he/she exhibits negative or dysfunctional behaviors). If so, you will need to decide how often you can afford to expend the amount of energy required and work on setting appropriate boundaries.
- **An overall score between 13 and 24.** This indicates that the relationship is basically energy neutral. The encounters do not drain your energy, neither do they boost it. There are usually sound reasons for maintaining some energy-neutral relationships. You may not have an option if the individual is a work associate or lives in your building or home. Again, make conscious choices about how often you will schedule encounters and be clear about the reasons you believe it is necessary to do so. In this process, ask yourself if there are any steps you can take to shift the relationship into an energy-boosting category?
- **An overall score between 25 and 36.** This is a strong indicator that the relationship is energizing and affirming. The encounters may actually leave you with more energy than you perceive you had to begin with. All things being equal and there is no person addiction, this may be one of the relationships you want to retain.

Whatever you decide to do, your choice is likely to make more sense, be more defensible, and turn out better for you in the long run when you go through a process of conscious evaluation. Getting something out in front of you on paper can help you be more objective and centered about how you choose to expend your energy. After all, that's basically all you are: energy.

For additional information, refer to:

- Brain References – Brain Relationships
- Practical Applications – Personal Challenges