

Couples Assessment of Relationship Elements (CARE)

Couple Number: _____

__ Male __ Female

Please rate your relationship in the following seven areas from 1 - couldn't be worse to 7- couldn't be better.

	Couldn't be worse		Not bad or good			Couldn't be better	
	1	2	3	4	5	6	7
Communication	1	2	3	4	5	6	7
Resolution of differences	1	2	3	4	5	6	7
Freedom from blaming your partner when things go wrong	1	2	3	4	5	6	7
Willingness to admit to having hurt your partner and ask your partner for forgiveness	1	2	3	4	5	6	7
Ability to forgive your partner after a hurt	1	2	3	4	5	6	7
Intimacy and Closeness	1	2	3	4	5	6	7
Central Values & Priorities of what is important in life	1	2	3	4	5	6	7
My thoughts about our relationship being positive and hopeful	1	2	3	4	5	6	7
Commitment to my partner for the long term	1	2	3	4	5	6	7

Created by Worthington et al, 1997 & Ripley (2009)