

RELATIONSHIP CLARITY QUIZ

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QUIZ INSTRUCTIONS

Rate each statement from 1–5 based on how true it is for you:

- 1 = Strongly No
- 2 = Mostly No
- 3 = Neutral / Sometimes
- 4 = Mostly Yes
- 5 = Strongly Yes

Write your score next to each question.

Example:

“4 — They communicate consistently and with care.”

After completing all 30 questions, you will total each section:

- Wants (1–10)
- Needs (11–20)
- Requirements (21–30)
- Overall score (all 30)



WANTS — Questions 1–10

1. I feel emotionally seen and appreciated.
2. I enjoy the affection and interest shown toward me.
3. I feel joy and excitement in this connection.
4. I feel desired and valued.
5. We share enjoyable interests.
6. The connection inspires me.
7. They communicate with consistency and care.
8. I feel proud to introduce them to others.
9. We laugh and enjoy each other's company.
10. They add positivity to my emotional wellbeing.

Total _____



NEEDS — Questions 11–20

11. I feel emotionally safe expressing myself.
12. Communication is clear and consistent.
13. They respect my boundaries.
14. They support my goals.
15. Conflicts are handled with respect.
16. I don't feel the need to chase or prove myself.
17. Their words and actions align.
18. My emotional needs are acknowledged.
19. I can be myself without fear.
20. I feel secure rather than anxious.

Total _____



REQUIREMENTS — Questions 21–30

21. I am treated with honesty and integrity.
22. They are emotionally available.
23. Their lifestyle aligns with my values.
24. They want the same type of relationship.
25. They follow through on commitments.
26. I do not feel used for sex, money, or validation.
27. There is no manipulation or disrespect.
28. They are financially stable.
29. They are consistent and reliable.
30. I feel cherished and emotionally safe.

Total _____



Scoring

WANTS Total (1–10): _____ / 50

NEEDS Total (11–20): _____ / 50

REQUIREMENTS Total (21–30): _____ / 50

OVERALL SCORE: _____ / 150



Understanding Your Score

120–150: You are in a healthy, aligned relationship.

90–119: Some needs are being met, but imbalance is present.

60–89: You are not getting your emotional needs fulfilled.

Below 60: This relationship is misaligned or unhealthy.