

Personal Assessment of Intimacy in Relationships (PAIR)

Name _____

date _____

Instructions:

In the first column please respond to each question *as your relationship is now*.

In the second column please respond to each question *as you would like your relationship to be*.

Please use the scale below:

**Does not describe
me/my
relationship at all**

1

2

3

4

**Describes me/my
relationship
very well**

5

		At present	As you would like it to be
1	My partner listens to me when I need someone to talk to		
2	We enjoy spending time with other couples		
3	I am satisfied with our sex life		
4	My partner helps me clarify my thoughts		
5	We enjoy the same recreational activities		
6	My partner has all the qualities I've ever wanted in a mate		
7	I can state me feelings without him/her getting defensive		
8	We usually "keep to ourselves"		
9	I feel our sexual activity is just routine		
10	When it comes to having a serious discussion it seems that we have little in common		
11	I share very few of my partners' interests		
12	I often feel distant from my partner		
13	I often feel distant from my partner		
14	We have very few friends in common		
15	I am able to tell my partner when I want sexual intercourse.		

16	I feel “put-down” in a serious conversation with my partner		
17	We like playing together		
18	Every new thing that I have learned about my partner has pleased me		
19	My partner can really understand my hurts and joys		
20	Having time together with friends is an important part of our shared activities		
21	I “hold back” my sexual interest because my partner makes me feel uncomfortable		
22	I feel it is useless to discuss some things with my partner		
23	We enjoy the out-of-doors together		
24	My partner and I understand each other completely		
25	I feel neglected at times by my partner		
26	Many of my partner’s closest friends are also my closest friends		
27	Sexual expression is an essential part of our relationship		
28	My partner frequently tries to change my ideas		
29	We seldom find time to do fun things together		
30	I don’t think anyone could possibly be happier than my partner and I when we are with one another		
31	I sometimes feel lonely when we’re together		
32	My partner disapproves of some of my friends		
33	My partner seems disinterested in sex		
34	We have an endless number of things to talk about.		
35	I think that we share some of the same interests		
36	I have some needs that are not being met by my relationship		