

The Relational Depth Assessment:
A Couple's Guide to Emotional Safety and Connection
RDA(C)-36

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Introduction to the Assessment

Welcome to the Relational Depth Assessment! This assessment is designed to help you and your partner evaluate the depth and emotional safety within various areas of your relationship. Based on the principles of emotional safety, this tool focuses on six key areas in the Relational Funnel: Physical, Social, Intellectual, Emotional, Spiritual, and Aspirational connections. By reflecting on each area, you'll understand how safe, connected, and supported you feel in your relationship.

Each section contains six questions to help you assess your comfort, vulnerability, and safety level in each aspect of your connection. Both partners should complete the assessment individually and then come together to discuss your results. This is a journey toward greater understanding and deeper connection.

Instructions and Scoring Key

For each question, circle a number between 1 and 5 that best represents your feelings. Please rate each question as follows:

- 1 - Rarely True: This rarely or never reflects my experience.
- 2 - Sometimes True: This is sometimes true for me, but not consistently.
- 3 - Often True: This is often true, but there is room for improvement.
- 4 - Mostly True: This reflects my experience most of the time.
- 5 - Always True: This consistently reflects my experience.

At the end of each section, total your score for the six questions. Then, refer to the interpretation section to understand the results.

Assessment Questions

Section 1. Physical Connection (Initial Connection & Safety)

1. I feel physically comfortable and safe when I am with my partner.
 - 1 | 2 | 3 | 4 | 5
2. My partner respects my boundaries and personal space.
 - 1 | 2 | 3 | 4 | 5
3. We both show affection in ways that feel comfortable and safe to us.
 - 1 | 2 | 3 | 4 | 5
4. My partner is receptive to my needs for closeness or space.
 - 1 | 2 | 3 | 4 | 5
5. My partner respects my need for physical touch or my choice to avoid it.
 - 1 | 2 | 3 | 4 | 5
6. We have established routines or rituals that foster a sense of physical connection.
 - 1 | 2 | 3 | 4 | 5

Total Score for Physical Connection: _____

Section 2: Experiential Connection (Sharing Experiences & Building Rapport)

1. I feel safe sharing social activities and experiences with my partner.
 - 1 | 2 | 3 | 4 | 5
2. I feel that my partner respects my need for independence in social settings.
 - 1 | 2 | 3 | 4 | 5
3. We have shared social rituals or activities that make me feel closer to my partner.
 - 1 | 2 | 3 | 4 | 5
4. My partner supports my friendships and social connections outside the relationship.
 - 1 | 2 | 3 | 4 | 5
5. I feel safe discussing our shared and individual social needs.
 - 1 | 2 | 3 | 4 | 5
6. My partner and I enjoy a healthy balance between togetherness and independence in our social life.
 - 1 | 2 | 3 | 4 | 5

Total Score for Social Connection: _____

Section 3. Intellectual Connection (Sharing Thoughts & Ideas)

1. I feel safe expressing my thoughts and ideas without fear of being judged.
 - 1 | 2 | 3 | 4 | 5
2. We have meaningful conversations that make me feel intellectually connected to my partner.
 - 1 | 2 | 3 | 4 | 5
3. I feel respected even when we have differing opinions.
 - 1 | 2 | 3 | 4 | 5
4. My partner encourages me to explore my interests and passions.
 - 1 | 2 | 3 | 4 | 5
5. My ideas are valued and taken seriously in our relationship.
 - 1 | 2 | 3 | 4 | 5
6. We actively engage in conversations that deepen our understanding of each other.
 - 1 | 2 | 3 | 4 | 5

Total Score for Intellectual Connection: _____

Section 4. Emotional Connection (Sharing Feelings & Vulnerabilities)

1. I feel safe expressing my emotions and vulnerabilities with my partner.
 - 1 | 2 | 3 | 4 | 5
2. My partner responds with empathy when I share my feelings.
 - 1 | 2 | 3 | 4 | 5
3. I feel emotionally supported even during difficult times.
 - 1 | 2 | 3 | 4 | 5
4. My partner and I can resolve conflicts in a way that feels safe and respectful.
 - 1 | 2 | 3 | 4 | 5
5. I feel comfortable expressing both positive and negative emotions.
 - 1 | 2 | 3 | 4 | 5
6. We have open conversations about our emotional needs and well-being.
 - 1 | 2 | 3 | 4 | 5

Total Score for Emotional Connection: _____

Section 5. Spiritual Connection (Sharing Beliefs & Values)

1. I feel comfortable discussing my spiritual beliefs and practices with my partner.
○ 1 | 2 | 3 | 4 | 5
2. My partner respects and supports my spiritual journey, even if it differs from theirs.
○ 1 | 2 | 3 | 4 | 5
3. We engage in spiritual practices together that bring us closer.
○ 1 | 2 | 3 | 4 | 5
4. I feel a sense of peace and purpose when we discuss our spiritual beliefs together.
○ 1 | 2 | 3 | 4 | 5
5. My partner and I have shared spiritual goals or values that strengthen our relationship.
○ 1 | 2 | 3 | 4 | 5
6. Our spiritual connection provides a foundation for trust and understanding.
○ 1 | 2 | 3 | 4 | 5

Total Score for Spiritual Connection: _____

Section 6. Aspirational Connection (Sharing Hopes & Dreams)

1. I feel safe sharing my dreams and aspirations with my partner.
○ 1 | 2 | 3 | 4 | 5
2. My partner encourages my personal ambitions and supports me in my goals.
○ 1 | 2 | 3 | 4 | 5
3. We can discuss our life aspirations openly, even when they require compromise or adjustments.
○ 1 | 2 | 3 | 4 | 5
4. My partner and I are committed to working together toward our shared goals.
○ 1 | 2 | 3 | 4 | 5
5. We have a shared vision for our life together that brings us closer.
○ 1 | 2 | 3 | 4 | 5
6. Our discussions about the future help me feel hopeful and excited about our journey together.
○ 1 | 2 | 3 | 4 | 5

Total Score for Aspirational Connection: _____

Interpreting Your Results

Individual Section Score Key and Insights for the Assessment

After completing each section of the Relational Funnel Assessment, take time to review your individual score for each area of connection. The six sections (Physical, Social, Intellectual, Emotional, Spiritual, and Aspirational) represent different aspects of relational intimacy, each contributing uniquely to the overall emotional safety within your relationship. This section-specific analysis will help you understand the nuances of your relationship, highlighting both strengths and areas where additional attention may be beneficial.

Section Score Interpretation

For each of the six sections, use the following ranges to interpret your score:

24 - 30: High Emotional Safety in this Area

- **Insight:** You and your partner have a strong connection in this area, with a solid foundation of trust, respect, and mutual understanding. This area contributes positively to your overall relationship and is likely a source of comfort and satisfaction.
- **Suggested Steps:** Celebrate this area of strength! Continue to nurture it by maintaining open communication, expressing appreciation, and creating rituals that reinforce this connection. Keep exploring ways to enrich this aspect of your relationship.

18 - 23: Moderate Emotional Safety in this Area

- **Insight:** You have a relatively healthy level of emotional safety here, although there may be occasional challenges or unmet needs. This score suggests that the foundation is stable but could benefit from small improvements.
- **Suggested Steps:** Identify specific actions to enhance safety and connection in this area. This means practicing active listening, scheduling regular quality time, or clarifying expectations. Focus on minor adjustments that can have a big impact.

12 - 17: Low Emotional Safety in this Area

- **Insight:** Emotional safety in this area is lacking, and there may be recurring issues or disconnection that impact your relationship. This is an area where both partners may feel vulnerable or uncertain.
- **Suggested Steps:** Open a dialogue with your partner about this area to explore ways to strengthen it. Start with small, achievable steps, such as setting boundaries, discussing needs, or practicing empathy. Consider focusing on building emotional safety through validation and understanding.

6 - 11: Very Low Emotional Safety in this Area

- **Insight:** This area likely needs significant attention, as there is a high level of disconnection or discomfort. There may be unresolved conflicts, unmet needs, or barriers that prevent open communication and trust.
- **Suggested Steps:** Approach this area with care and empathy. Begin with gentle conversations to understand each other's perspectives. If the challenges feel overwhelming, consider seeking guidance from a counselor or therapist to help build trust and emotional safety. Remember that progress takes time, and each small step can contribute to greater connection and understanding.

Using Your Individual Section Scores for Growth and Connection

Each section score provides a focused lens on specific areas of connection within your relationship. Use these scores as a starting point for reflection and conversation with your partner, helping you both understand where you feel most connected and where there may be room for growth.

Suggested Focus and Practice Based on Section Scores

1. High Emotional Safety (24 - 30):

- **Focus:** Continue to celebrate and strengthen this area. Use it as a model for enhancing other areas of your relationship.
- **Practice:** Incorporate regular appreciation for this aspect, and look for opportunities to share more meaningful experiences that deepen this connection.

2. Moderate Emotional Safety (18 - 23):

- **Focus:** Work on minor adjustments to enhance comfort and safety. Identify specific ways to strengthen your bond in this area.
- **Practice:** Schedule time for quality conversations or shared activities focusing on this area. Small, consistent efforts can make a meaningful difference.

3. Low Emotional Safety (12 - 17):

- **Focus:** Prioritize actions to address challenges and improve emotional safety in this area. Start with open communication about your needs.
- **Practice:** Begin with small, intentional steps, such as setting boundaries or practicing vulnerability. Be patient and consistent, working together to create a safe environment.

4. Very Low Emotional Safety (6 - 11):

- **Focus:** Approach this area with empathy and a commitment to understanding. Consider professional support if needed to build trust and emotional safety.
- **Practice:** Gently explore the challenges you're facing and work together on achievable goals to increase comfort and connection. Remember, creating safety in this area may require time and guided support.

Using Your Individual Scores as a Pathway to Connection

By assessing each area individually, you and your partner can gain a nuanced understanding of your relationship's strengths and potential growth areas. Use your scores as a guide for fostering meaningful conversations, setting intentions, and creating goals that align with your unique needs.

As you explore each section's score, remember that growth is a gradual journey. Acknowledge the areas where you feel safe and connected, and approach areas for growth with patience, compassion, and a willingness to learn together. The goal is cultivating a relationship built on emotional safety, understanding, and mutual support, enriching your bond in each dimension of the relational funnel.

Building a Stronger, Safer Relationship Together

Your individual section scores reflect the dynamic, multi-faceted nature of your relationship. By understanding each area more deeply, you can work together to nurture emotional safety and build a resilient, fulfilling relationship. Revisit this assessment periodically to monitor your progress and celebrate the growth you achieve along the way. Let this journey be a foundation for a loving, connected partnership that continues to grow in trust, intimacy, and emotional safety.

Overall Score Key for the Relational Funnel and Emotional Safety Assessment

After completing the individual section scores, add your total score across all six areas (Physical, Social, Intellectual, Emotional, Spiritual, and Aspirational). Use the following overall score ranges to gain a comprehensive view of the emotional safety and connection in your relationship. This assessment helps you identify general patterns and areas requiring attention or celebration.

Overall Score Interpretation

144 - 180: Strong Emotional Safety and Deep Connection

- **Insight:** You and your partner enjoy a high level of emotional safety and trust across all areas. This reflects a strong foundation of open communication, mutual respect, and shared understanding. You likely feel comfortable being vulnerable with each other and work well as a team.
- **Suggested Steps:** Continue nurturing these strengths by maintaining regular check-ins and quality time together. Look for opportunities to deepen your connection even further by exploring new shared goals or spiritual practices. Celebrate and express gratitude for each other's contributions to this healthy relationship dynamic.

108 - 143: Moderate Emotional Safety with Room for Growth

- **Insight:** Your relationship has a good foundation of emotional safety in many areas, but there may be a few areas needing improvement. While there is a solid sense of connection, there might be occasional misunderstandings or unmet needs that affect your overall relationship satisfaction.
- **Suggested Steps:** Identify specific areas that scored lower and focus on small actions to improve these areas. Consider adding rituals that promote connection, such as regular date nights or

deeper conversations. Engage in open discussions about your needs to enhance understanding and emotional support.

72 - 107: Limited Emotional Safety and Some Disconnection

- **Insight:** Your relationship may experience challenges in several connection areas, and there might be an underlying lack of emotional safety. This can lead to difficulties in expressing vulnerability, resolving conflicts, or feeling fully supported by each other.
- **Suggested Steps:** Focus on one or two key areas to improve emotional safety. Set achievable goals, such as practicing active listening or creating a safe space for emotional expression. Open communication and intentional effort are essential here. Consider seeking guidance from books, workshops, or counseling to strengthen your relationship foundations.

36 - 71: Low Emotional Safety and Significant Disconnection

- **Insight:** Your relationship likely faces significant challenges in building emotional safety, which may lead to frequent misunderstandings, disconnection, or emotional strain. This level indicates that several areas in the relationship need attention to foster a stronger sense of trust and connection.
- **Suggested Steps:** Approach these areas with empathy and an open heart. Begin by gently sharing your feelings with your partner and listening to theirs. Small, consistent steps can create positive changes, but seeking support from a counselor or therapist may be beneficial for guided improvement. Remember that building emotional safety is a gradual journey that requires patience and commitment.

Using Your Overall Score for Growth and Connection

Your overall score reflects your relational strengths and areas for growth. It offers a broad picture of where you stand as a couple regarding emotional safety and connection. The goal is to use this assessment as a starting point for meaningful conversations and practical actions to help you grow closer.

Suggested Focus and Practice Based on Your Overall Score

1. **Strong Emotional Safety (144 - 180):**
 - **Focus:** Continue to build on your strengths by exploring new areas of connection, such as setting shared aspirations or engaging in spiritual growth.
 - **Practice:** Regularly express appreciation for each other's contributions to the relationship, reinforcing your strong foundation.
2. **Moderate Emotional Safety (108 - 143):**

- Focus: Identify areas with room for growth and work together to improve emotional safety.
- Practice: Use weekly check-ins to discuss each area of connection. Consider setting one goal per area for gradual improvement.

3. Limited Emotional Safety (72 - 107):

- Focus: Prioritize areas with the lowest scores, as these may affect your overall satisfaction and emotional connection.
- Practice: Establish new rituals that create safe spaces for vulnerability, such as dedicated time to discuss emotional needs or regular activities that encourage connection.

4. Low Emotional Safety (36 - 71):

- Focus: Start with small steps toward rebuilding emotional safety. Consider areas where you feel most disconnected and gently address them.
- Practice: Seek outside support if needed. Professional guidance can provide tools and techniques to navigate challenging areas and create lasting change in your relationship.

Reflection Questions for the Assessment

After completing the Relational Depth Assessment, take some time to reflect on your responses and discuss your thoughts with your partner. These questions are designed to guide meaningful conversations and foster deeper understanding between you both. Approach these reflections with openness and empathy, using them as an opportunity to grow together.

Reflection Questions

1. What areas of our relationship scored the highest, and why do you think we feel the safest in those areas?
 - Reflect on the strengths that contribute to this sense of security. Consider specific actions, habits, or attitudes that help you both feel connected and supported in these areas. How can you continue to nurture these strengths?
2. Which areas scored the lowest, and what do you feel contributes to the lack of safety or connection there?
 - Identify any specific patterns, experiences, or past conflicts that might impact this area. Discuss ways you can work together to improve emotional safety, whether through open dialogue, setting boundaries, or trying new habits to increase connection.
3. How does each area of connection—Physical, Social, Intellectual, Emotional, Spiritual, and Aspirational—play a role in your overall relationship satisfaction?
 - Reflect on how each area contributes uniquely to your bond. Is there one area that feels especially important for your relationship right now? How does each dimension help you

feel valued, understood, or connected?

4. What steps can we take individually and as a couple to increase emotional safety in our relationship?
 - Explore specific actions, such as practicing active listening, making more time for meaningful conversations, or sharing your aspirations openly. Think about what you can do to create a stronger foundation of trust and safety.
5. How does our spiritual connection affect the other areas in the Relational Funnel?
 - Consider how your shared or individual spiritual beliefs impact your relationship. How can spiritual practices or discussions enhance your connection, and how might they help address areas that scored lower?
6. What small, achievable goals can we set for the coming weeks to enhance our connection in each area?
 - Outline specific, actionable steps to strengthen your bond in each area. Whether it's creating a weekly ritual, setting aside time for deep conversations, or praying together, set goals that are realistic and meaningful for both of you.

Wrap-Up and Moving Forward

Congratulations on completing the assessment! Taking this step together shows your commitment to understanding and strengthening your relationship. Reflecting on your emotional safety and connection levels across the Relational Funnel is just the beginning of a rewarding journey. Now that you have a clearer picture of your relationship's strengths and areas for growth, it's time to take intentional action. Each score is an invitation to explore new ways to enhance your bond, deepen trust, and cultivate a more fulfilling connection.

Taking Action with Your Results Use your assessment results as a guide for meaningful conversations and specific next steps. Talk openly with your partner about what each area means to you and discuss small, achievable goals that can create positive change. For example:

- If Physical Connection scores lower, consider creating intentional moments for touch or shared activities that bring comfort and closeness.
- If Emotional Connection needs nurturing, set aside regular time to share your feelings and experiences without distractions.
- For areas like Spiritual or Aspirational Connection, think about practices that allow you to connect on a deeper, shared level, like setting life goals or exploring your faith together.

Remember, growth doesn't have to happen overnight. It's the consistent, everyday efforts that build lasting change. Celebrate small wins along the way, and be patient with each other as you work toward a stronger, more resilient relationship.

Embrace the Journey Together

Building emotional safety and connection is an ongoing journey that can lead to profound growth and joy. With each small step, you're creating a relationship rooted in love, understanding, and resilience. Use the insights from this assessment as a roadmap, and remember that every effort counts. Embrace each opportunity to grow closer, supporting each other as you move toward a relationship that reflects true connection and shared purpose.

Here's to a journey filled with meaningful conversations, renewed commitment, and deeper love. May each step bring you closer to the relationship you both dream of and deserve.