

## Personal Assessment of Intimacy in Relationships (PAIR)

**Instructions:** In the first phase please respond to each question *as your relationship is now*. In the second phase 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**

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 my 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 partner's interests.
12. There are times when I do not feel a great deal of love and affection for 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.