

Your relationship index

What your result means, and what to do next

Thank you for taking the relationship satisfaction index (CSI-16). It's a 16-question, research-based measure of how satisfied you feel in your relationship right now. Scores run from 0 to 81.

What your result means

- ◆ **51 or below:** your answers fall in the range where couples often report real strain. That's common, and it doesn't mean the relationship is over.
- ◆ **52 or above:** you're generally satisfied. If one area still feels stuck, a few focused sessions can help.

If your partner takes it too, compare results together. A big gap between your scores is useful information in itself.

Why this happens

Most couples don't fight about the dishes, money or in-laws. They fight about what those moments mean: "Do I matter to you? Can I count on you?" Over time, couples fall into a cycle. One partner pushes for connection, the other pulls back to keep the peace, and both end up feeling alone.

Three things to try this week

- 1 **Name the cycle, not the culprit.** Next time it starts, try: "We're doing our thing again. Can we pause?"
- 2 **Share the feeling under the reaction.** Swap "You never listen" for "I feel alone when we argue like this."
- 3 **Ten minutes, no problems.** Spend ten minutes a day talking about anything except logistics or issues.

When to reach out

- ◆ Your score was 51 or below.
- ◆ The same argument keeps coming back.
- ◆ You feel more like roommates than partners.
- ◆ Trust has been broken and you want to rebuild it.

If there is violence in your relationship or you feel unsafe, couples counselling is not the right first step. Please reach out for individual support, or call VictimLinkBC at 1-800-563-0808.

Book your free 30-minute consultation

A relaxed call by phone or video to see if we're a good fit. No pressure to book anything after.

praxiswellness.ca

This self-check is a screening tool, not a diagnosis. Only a qualified health professional can assess you properly.

In crisis? Call or text 9-8-8 any time, or call 911 in an emergency.

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