

Relationship Happiness Scale (Adolescent Version)

Name: _____ Client ID: _____ Date: _____

This scale is intended to estimate your current happiness with your relationship with your parent or caregiver in each of the areas listed below. You are to circle one of the numbers (1 to 10) beside each area.

Numbers toward the left side of the 10-unit scale indicate various degrees of unhappiness, whereas numbers toward the right side of the scale reflect increasing levels of happiness.

Ask yourself this question as you rate each life area: "How happy am I today with my parent in this area?" In order words, state according to numerical scale (1 to 10) exactly how you feel today.

Try to exclude feelings of yesterday and concentrate only on feelings of today in each of the life areas. Also, try *not* to allow one category to influence the results of the other categories.

	Completely Unhappy		Completely Happy
1. Time spent with me	1	2 3 4 5 6 7 8 9	10
2. Allowance	1	2 3 4 5 6 7 8 9	10
3. Communication	1	2 3 4 5 6 7 8 9	10
4. Affection	1	2 3 4 5 6 7 8 9	10
5. Support of school/work	1	2 3 4 5 6 7 8 9	10
6. Emotional support	1	2 3 4 5 6 7 8 9	10
7. General home activities	1	2 3 4 5 6 7 8 9	10
8. General happiness	1	2 3 4 5 6 7 8 9	10