

How is depression impacting your relationship?

Whether you or your partner is living with depression or chronic sadness, hopelessness and negativity can affect how you relate to one another and can impact the overall quality of your relationship. Answer the following questions honestly in order to measure how depression may be impacting your love life.

1. I feel isolated from my partner.	Always 1	Most of the time 2	Some of the time 3	Rarely 4	Never 5
2. I avoid talking to my partner about anything.	Always 1	Most of the time 2	Some of the time 3	Rarely 4	Never 5
3. I feel hopeless about my relationship.	Always 1	Most of the time 2	Some of the time 3	Rarely 4	Never 5
4. I feel like depression makes it hard for my partner and I to have sex.	Always 1	Most of the time 2	Some of the time 3	Rarely 4	Never 5
5. Depression gets most of my attention.	Always 1	Most of the time 2	Some of the time 3	Rarely 4	Never 5
6. My partner and I argue about depression.	Always 1	Most of the time 2	Some of the time 3	Rarely 4	Never 5
7. Depression impacts my partner.	Always 1	Most of the time 2	Some of the time 3	Rarely 4	Never 5
8. I avoid spending time with my partner.	Always 1	Most of the time 2	Some of the time 3	Rarely 4	Never 5
9. I feel responsible for the unhappiness in my relationship.	Always 1	Most of the time 2	Some of the time 3	Rarely 4	Never 5
10. I feel too overwhelmed to do anything to make my relationship better.	Always 1	Most of the time 2	Some of the time 3	Rarely 4	Never 5