

FAR – Functional Assessment of Relationships – Part 1

Please rate the following items for each listed person (minimum of one and maximum of 15) referring to the period of the **last 4 weeks**. The people listed should have played a role in your life in the last 4 weeks but do not necessarily have to be close to you. Note that there is no right and wrong here. Please answer the questions truthfully.

		Area of life	Importance	Frequency	Quality of contact	Availability	Reciprocity	Active Participation	Desire for change
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Please indicate below the names of the people for whom you would like to rate the items. </div> Name ↓		To which area of your life does this person belong?	How important is this person to you?	How often do you keep in contact with this person?	How would you rate the quality of contact ?	How easily available is this person when needed?	How balanced is the mutual give and take in the relationship with this person?	How much energy, time, and resources do you actively invest in the relationship with this person because it is important to you (and not because you have to)?	Do you want the relationship with this person to change in some way?
		1: Spouse/ partner, intimate relation 2: Children 3: Other family members 4: Friends 5: Colleagues 6: Fellow students 7: Medical professionals 8: Others	Mark with x who lives in the same household	Please rate the question between 1-7 on the following scale: 1= Not at all important 7= Extremely important	Please rate the question on the following scale: Per week: 1= Daily 2= Every 2-3 days 3= Once a week 4= Less than once a week	Please rate the question between 1-7 on the following scale: 1= Very bad 7= Very good	Please rate the question on the following scale: 1= Never available 2= Rarely available 3= Often available 4= Mostly available 5= Always available	Please rate the question from your viewpoint on the following scale: 1= Only giving and not taking 2= Mostly only giving 3= Give and take in a balance 4= Mostly only taking 5= Only taking and not giving	Please rate the question between 1-7 on the following scale: 1= Not at all 7= Very actively
Dr. Meier	Ex.	7							
Susanne Muster	Ex.	3	x						
	1								
	2								
	3								
	4								
	5								
	6								
	7								
	8								
	9								
	10								
	11								
	12								
	13								
	14								
	15								

FAR – Functional Assessment of Relationships – Part 2

Please choose the **person who is most important to you**. Note that there is no right and wrong here. Please answer the questions truthfully.

Referring to the period of the **last 4 weeks**, please rate for this person the quality of the role/importance they have in your life on a scale of **0-7** (see box above table).

Please rate the quality of the role/importance of the person on the following scale:
0= Does not apply to this person
1= Very bad
2= Bad
3= Mostly bad
4= Neither good nor bad
5= Mostly good
6= Good
7= Very good



	Role/ importance of this person	Quality during the last 4 weeks
Person:	Confidant	
	Sexual partner	
.....	With this person I can talk about issues	
	With this person I can gossip (without being judged)	
	From this person I can get advice	
	From this person I can get material or emotional support	
	This person gives me comfort	
	I contact this person when I am sad	
	I contact this person when I am happy	
	I contact this person when I want to have fun (e.g. at a party)	
	Others:	
	Others:	