



# Arammu Professional Questionnaire

## Strengths

Please indicate the degree to which you experience each of the following areas as a strength in your relationship.

	Not a Strength	Moderate Strength	Significant Strength
1. We solve problems well together.			
2. We communicate clearly about our mission and goals.			
3. We treat each other with respect.			
4. We enjoy spending time together both in and outside of work.			
5. We express appreciation and gratitude for the things we do well.			
6. We celebrate our successes well.			
7. We balance fun and seriousness well.			
8. We are a good creative team together.			
9. We use our diversity and differences to our advantage.			
10. Our strengths complement each other.			
11. We feel safe confiding in each other.			
12. We are good at offering and receiving advice.			
13. We feel safe taking risks and communicating ideas with each other.			
14. We have a positive attitude towards our work together.			
15. We support each other's personal lives as much as professional lives.			
16. We provide feedback to each other in a kind and gentle way.			
17. We feel safe being ourselves with each other.			
18. We are proud of how our company gives back to the community and those in need.			
19. We encourage each other when we fail.			
20. We believe in the work that we are doing and it gives us a sense of purpose.			
21. We have the same values and a shared vision.			
22. We enjoy working with each other.			
23. We have strong motivation to do good work.			
24. I feel like my voice is valued at work.			
25. We work well together under stress.			



Now, from the list above, please rank in order what you consider to be the **top three strengths** in your relationship.

For example, #1: Strength Statement #6: We celebrate our successes well.

#1: Strength Statement #\_\_: \_\_\_\_\_

#2: Strength Statement #\_\_: \_\_\_\_\_

#3: Strength Statement #\_\_: \_\_\_\_\_

## Concerns

Please indicate the degree to which you experience each of the following areas as a concern in your relationship.

	Not a Concern	Moderate Concern	Significant Concern
1. We do not always treat each other respectfully.			
2. We tend to not communicate well.			
3. We often get caught up in and affected by gossip and cliques.			
4. I/We feel anxious about performing well.			
5. We're can be overly competitive with each other.			
6. We generally don't feel safe taking risks.			
7. We do not interact outside of work.			
8. We aren't getting along well with each other.			
9. We had a disagreement and we've never recovered from it.			
10. We have different values or visions.			
11. We are not always kind when we talk to each other.			
12. We can struggle with power differences.			
13. We don't always handle stress well together.			
14. We don't always express emotions in healthy ways.			
15. Conflicts at work are interfering with home life and sleep.			
16. We do not provide feedback to each other in a kind way.			
17. We can undermine each other.			
18. Our expectations of each other are unrealistic and unfair.			
19. I often feel excluded at work.			
20. Our relationship can be stressful.			
21. I don't feel like my voice is valued at work.			
22. I am discriminated against.			
23. I have been harassed at work.			
24. I am bullied and/or intimidated at work.			



25. Our diversity and differences prevent us from working well together.			
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Now, from the list above, please rank in order what you consider to be the **top three concerns** in your relationship.

For example, #1: Concern Statement #2: We do not spend enough quality time together.

#1: Concern Statement #\_\_: \_\_\_\_\_

#2: Concern Statement #\_\_: \_\_\_\_\_

#3: Concern Statement #\_\_: \_\_\_\_\_