

**The Barrett-Lennard Relationship Inventory: Mini (B-L RI: mini).**

Below are listed a variety of ways that one person may feel or behave in relation to another person. Please consider each numbered statement with reference to your present relationship with \_\_\_\_\_ (name), mentally adding their name in the space provided. If the other person's name is John, for example, then read statement number 1 as "John feels a true liking for me." Mark each statement in the answer column on the right, according to how strongly you feel that it is true, or not true, in this relationship.

**Please be sure to mark each one. Write in a plus number (+ 3, + 2, or + 1), or a minus number (-1, -2, or -3), to stand for the following answers:**

-3: NO, I strongly feel that it is not true.	+ 1: Yes, I feel that it is probably true, or more true than untrue.
-2: NO, I feel it is not true.	+ 2: Yes, I feel it is true.
-1: NO, I feel that it is probably untrue, or more untrue than true.	+ 3: Yes, I strongly feel that it is true.

	<b>SCORE</b>
1. _____ feels a true liking for me	
2. _____ nearly always knows exactly what I mean	
3. Whether the ideas and feelings I express are "good" or "bad" it seems to make no difference to _____'s feeling toward me	
4. _____ expresses their true impressions and feelings with me	
5. I feel that _____ really values me	
6. _____ usually senses or realizes what I am feeling	
7. Sometimes I am more worthwhile in _____'s eyes than I am at other times	
8. _____ realizes what I mean even when I have difficulty in saying it	
9. _____ is willing to express whatever is actually in their mind with me, including personal feelings about themselves or me	
10. _____ is truly interested in me	
11. _____ usually understands the whole of what I mean	
12. _____ feels affection for me	

### **Scoring interpretation for the B-L RI:mini:**

A total score of **30** and above are “as high as one could plausibly expect in any relationship context, in terms of honest, discriminating perception.

A total score of **24** implies that the facilitative conditions were substantially perceived in the referent relationship.

A total score of **18** is probably the minimal level that should be achieved in fruitful helping relationships.

Any score below **12** would be expected to represent a less than adequate level in therapy relationships.

**Reference:** Chen, S., Liao, F., Murphy, D. et al. Development and validation of a 12-item version of the Barrett-Lennard Relationship Inventory (B-L RI:mini) using item response theory. *Curr Psychol* (2021). <https://doi.org/10.1007/s12144-021-02348-5>