

RELATIONSHIP ASSESSMENT

First check off all the items that apply to one or more of your relationships, then check off the issues you would most like to focus on in coaching.

Communication

- | <u>Applies to me</u> | <u>Want to focus on</u> | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I have a hard time communicating what I want and need. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel frequently misunderstood. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have a hard time saying no and setting boundaries. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel uncomfortable communicating when there's conflict. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have a hard time expressing my feelings. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am critical and judgmental. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am in relationship with someone who is critical or judgmental. |
| <input type="checkbox"/> | <input type="checkbox"/> | I avoid talking about difficult things when it could create conflict or tension between us. |

Personal Differences

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | We have different needs. |
| <input type="checkbox"/> | <input type="checkbox"/> | We do not have shared beliefs or values on parenting, money, how things should be done, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | We approach solving a problem in very different ways. |
| <input type="checkbox"/> | <input type="checkbox"/> | We can't seem to get on the same page. |
| <input type="checkbox"/> | <input type="checkbox"/> | We hold different cultural, spiritual, religious or world views. |

Unhealthy Dynamics

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I feel criticized frequently. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have unhealthy behaviors i.e. criticize, become controlling, use food, drug or something else to cope. |
| <input type="checkbox"/> | <input type="checkbox"/> | The other person has unhealthy behaviors. |
| <input type="checkbox"/> | <input type="checkbox"/> | We get in major power struggles. |
| <input type="checkbox"/> | <input type="checkbox"/> | One of us suffers from depression, anxiety or mental health issues and it impacts our relationship. |

Situational Issues

Applies
to me

Want to
focus on

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | We don't have enough quality time together. |
| <input type="checkbox"/> | <input type="checkbox"/> | We have issues because of family members or friends. |
| <input type="checkbox"/> | <input type="checkbox"/> | I'm too busy. |
| <input type="checkbox"/> | <input type="checkbox"/> | I'm stressed out from _____. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have other responsibilities that take away from my relationship i.e. parenting, household, elderly parents, school, work projects etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | Our lives got too busy and we grew apart. |
| <input type="checkbox"/> | <input type="checkbox"/> | We have financial strains. |
| <input type="checkbox"/> | <input type="checkbox"/> | Partner or I travel for work or have overwhelming work demands (new job, project, etc.) |
| <input type="checkbox"/> | <input type="checkbox"/> | There is not a balance of sharing family/ household responsibilities. |
| <input type="checkbox"/> | <input type="checkbox"/> | Co-parenting in a blended family with children from previous relationships. |

Areas I Need to Work On

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I have fears and insecurities around relationships. |
| <input type="checkbox"/> | <input type="checkbox"/> | I give too much. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel like I always have to please other people. |
| <input type="checkbox"/> | <input type="checkbox"/> | I get impatient with other people. |
| <input type="checkbox"/> | <input type="checkbox"/> | I try to control other people's behavior. |
| <input type="checkbox"/> | <input type="checkbox"/> | I react when something difficult comes up. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel disconnected. |
| <input type="checkbox"/> | <input type="checkbox"/> | I want to work on accepting others. |
| <input type="checkbox"/> | <input type="checkbox"/> | I want to work on accepting myself. |
| <input type="checkbox"/> | <input type="checkbox"/> | I want to forgive myself for the past. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have a hard time compromising. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel stuck and feel I have no choices. |

Applies
to me

Want to
focus on

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I want to meet new people to form positive relationships with. |
| <input type="checkbox"/> | <input type="checkbox"/> | I attract the same negative patterns in my relationship over and over. |
| <input type="checkbox"/> | <input type="checkbox"/> | I lose myself in relationships. I compromise my own interest, values, and needs to maintain the relationship. |

Ways We Could Grow Positively Together

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Want more fun activities together |
| <input type="checkbox"/> | <input type="checkbox"/> | Want a date night. |
| <input type="checkbox"/> | <input type="checkbox"/> | Want common interest to grow in together i.e. spirituality at a church or spiritual center, taking classes. |
| <input type="checkbox"/> | <input type="checkbox"/> | Giving more support to each other to pursue individual pursuits, interests and personal growth. |
| <input type="checkbox"/> | <input type="checkbox"/> | Participation in children's after school activities, etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | Finding ways to create newness in the relationship- more adventure, novelty, romance etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | It would be valuable to discuss our future goals and how we can get there. |
| <input type="checkbox"/> | <input type="checkbox"/> | I would like us to plan things to look forward to. |
| <input type="checkbox"/> | <input type="checkbox"/> | It would be wonderful to bring back or maintain the spark in the relationship. |
| <input type="checkbox"/> | <input type="checkbox"/> | Consciously bringing more fun, humor, kindness, compassion, affection, etc. into the relationship. |