

## How well do you take care of the relationship – Together?

*Directions: Please complete this assessment together. Take time to come to agreement on a number from a scale of 1-10, with 10 being the “most” that you take care of the relationship together. 10 does not represent “perfection”, but rather fulfillment/satisfaction in that area. 5 represents average (50/50).*

**PHYSICAL:** From a scale of 1-10 (with 10 being the highest):

- \_\_\_ We are similar in the way that we eat together (i.e. how and what you eat, values, etc.)
- \_\_\_ We are aware of what is healthy/unhealthy for the other’s body (i.e. allergies, ailments, diseases, etc.)
- \_\_\_ We avoid things in excess that are unhealthy for us (i.e. drugs, smoking, alcohol, sugar, caffeine, etc.)
- \_\_\_ We exercise together, or are supportive of each other’s health and exercise
- \_\_\_ We sleep well together - it is comfortable and restful
- \_\_\_ We enjoy physical affection together (i.e. kissing, hugging, touching, holding)
- \_\_\_ We take time to share physical intimacy each day
- \_\_\_ We enjoy our sexual intimacy \_\_\_ Overall, we have a fulfilling sex life
- \_\_\_ We both are interested what the other enjoys sexually

**MENTAL:** From a scale of 1-10 (with 10 being the highest):

- \_\_\_ We are good at making decisions together \_\_\_ We problem-solve well together
- \_\_\_ We both feel the other has good judgment
- \_\_\_ We communicate well together – both listening and speaking
- \_\_\_ When we argue, we don’t call each other names or criticize each other
- \_\_\_ When we argue, we always take time to resolve
- \_\_\_ When it comes to our conflicts, we both take ownership & accountability of our parts
- \_\_\_ We are aligned with our ideas of parenting and/or, \_\_\_ we are open to communicate about it
- \_\_\_ We make good financial decisions together \_\_\_ We trust each other when it comes to money
- \_\_\_ We are able to communicate when it comes to finances
- \_\_\_ We are aware of, and take into consideration, each other’s strengths and weaknesses
- \_\_\_ We are aware of our different roles in the family (i.e. with finances, childcare, chores, etc.)
- \_\_\_ We take time to have stimulating conversations (i.e. current events, books, movies, sports, etc.)
- \_\_\_ We do mentally stimulating activities together (i.e. music, art, theatre, poetry, movies, sports, etc)
- \_\_\_ We understand the concept of “teamwork” and act as a team together
- \_\_\_ We are supportive of each other’s careers/career path \_\_\_ We feel the other works a healthy amount

**EMOTIONAL:** From a scale of 1-10 (with 10 being the highest):

- \_\_\_ We check in with each other on a daily basis \_\_\_ We are kind to each other (i.e. don’t criticize/judge)
- \_\_\_ We know how the other feels loved (i.e. touch, gifts, affirmation, appreciation, time, etc.)
- \_\_\_ (Male) I am aware of my own issues \_\_\_ (Female) I am aware of my own issues
- \_\_\_ We are aware of each other’s everyday issues and \_\_\_ and major traumas the other has had