

Exercise 4-3: What's working in your relationship? What's not?

This exercise will give you an excellent sense of the areas in your relationship that are working well and the areas in which you would like to create something different.

Rating your relationship					
Using this table, each partner rate the areas of your relationship on a scale of 1 through 5, with 5 being the ideal amount.					
	Too little	Almost enough			Just right
Authenticity	1	2	3	4	5
Commitment	1	2	3	4	5
Communication	1	2	3	4	5
Community	1	2	3	4	5
Connection	1	2	3	4	5
Financial security	1	2	3	4	5
Forgiveness	1	2	3	4	5
Home as sanctuary	1	2	3	4	5
Honesty	1	2	3	4	5
Integrity	1	2	3	4	5
Intimacy	1	2	3	4	5
Joy	1	2	3	4	5
Mutual support	1	2	3	4	5
Personal growth	1	2	3	4	5
Physical activities	1	2	3	4	5
Playfulness	1	2	3	4	5
Service to others	1	2	3	4	5
Sexuality	1	2	3	4	5
Spirituality	1	2	3	4	5
Trust	1	2	3	4	5

1. From the table above, each partner select the three areas of your relationship that you're most satisfied with.

2. From the table above, each partner select the three areas of your relationship that you're least satisfied with.

3. Now with your partner, choose the one area of your relationship that you both commit to improve. Write it in the space below along with initial steps you will take.
