



**EMBRACE** *New Life*

Life, Love, Marriage - COUNSELING & CONSULTING



*Couples  
Worksheets*

# what I want from a relationship

## I have a desire to...

	low importance					high importance				
	1	2	3	4	5	6	7	8	9	10
Feel connected through talking.	1	2	3	4	5	6	7	8	9	10
Feel connected through quality time together.	1	2	3	4	5	6	7	8	9	10
Receive verbal tenderness.	1	2	3	4	5	6	7	8	9	10
Receive physical tenderness.	1	2	3	4	5	6	7	8	9	10
Be touched non-sexually.	1	2	3	4	5	6	7	8	9	10
Have meaningful sex.	1	2	3	4	5	6	7	8	9	10
Know we'll stay together and feel secure.	1	2	3	4	5	6	7	8	9	10
Feel secure in finances.	1	2	3	4	5	6	7	8	9	10
Feel accepted and valued for who I am.	1	2	3	4	5	6	7	8	9	10
Feel accepted and valued for what I do.	1	2	3	4	5	6	7	8	9	10
Feel safe when I share who I am.	1	2	3	4	5	6	7	8	9	10
Be included in most decisions that affect my life or marriage.	1	2	3	4	5	6	7	8	9	10
Gain agreement and harmony in decision-making.	1	2	3	4	5	6	7	8	9	10
Know that he or she needs me.	1	2	3	4	5	6	7	8	9	10
Be supported in my spiritual life.	1	2	3	4	5	6	7	8	9	10
Be supported in my desire to give money/gifts to others.	1	2	3	4	5	6	7	8	9	10
Be supported in my desire to serve others.	1	2	3	4	5	6	7	8	9	10
Receive genuine praise and affirmation.	1	2	3	4	5	6	7	8	9	10
Be supported in my desire to have alone time.	1	2	3	4	5	6	7	8	9	10
Be physically attracted to my spouse.	1	2	3	4	5	6	7	8	9	10
Know that my spouse is honest and trustworthy.	1	2	3	4	5	6	7	8	9	10
Receive gifts.	1	2	3	4	5	6	7	8	9	10
Receive acts of service.	1	2	3	4	5	6	7	8	9	10
Receive genuine appreciation.	1	2	3	4	5	6	7	8	9	10
Other:	1	2	3	4	5	6	7	8	9	10
Other:	1	2	3	4	5	6	7	8	9	10
Other:	1	2	3	4	5	6	7	8	9	10
Other.	1	2	3	4	5	6	7	8	9	10

# what I want from a relationship

## I have a desire for my partner/spouse to...

	low importance					high importance				
	1	2	3	4	5	6	7	8	9	10
Be faithful.	1	2	3	4	5	6	7	8	9	10
Be emotionally healthy.	1	2	3	4	5	6	7	8	9	10
Develop with me a future plan for our marriage/relationship.	1	2	3	4	5	6	7	8	9	10
Maintain a mutually vibrant spiritual life.	1	2	3	4	5	6	7	8	9	10
Apologize and seek forgiveness.	1	2	3	4	5	6	7	8	9	10
Resolve differences/conflicts/arguments with me.	1	2	3	4	5	6	7	8	9	10
Provide mutually satisfying communication.	1	2	3	4	5	6	7	8	9	10
Cope with crises and stress.	1	2	3	4	5	6	7	8	9	10
Understand my personality and gender differences.	1	2	3	4	5	6	7	8	9	10
Demonstrate a willingness to change.	1	2	3	4	5	6	7	8	9	10
Work towards unity with me on how to raise our children.	1	2	3	4	5	6	7	8	9	10
Be passionate and romantic.	1	2	3	4	5	6	7	8	9	10
Socially connect with others.	1	2	3	4	5	6	7	8	9	10
Maintain careful control over his or her expectations.	1	2	3	4	5	6	7	8	9	10
Share important goals & values with me.	1	2	3	4	5	6	7	8	9	10
Strive for mutuality and equality in our relationship.	1	2	3	4	5	6	7	8	9	10
Share negative and positive feelings without delay.	1	2	3	4	5	6	7	8	9	10
Accept my advice and influence.	1	2	3	4	5	6	7	8	9	10
Other:	1	2	3	4	5	6	7	8	9	10
Other:	1	2	3	4	5	6	7	8	9	10
Other:	1	2	3	4	5	6	7	8	9	10
Other:	1	2	3	4	5	6	7	8	9	10

# how well I know my partner

Name their two closest friends.	
What are their hobbies?	
Where were they born?	
Name something they are currently stressed about.	
When is their birthday?	
Who is their favorite relative?	
What makes them feel competent?	
Name something they are insecure about.	
Name something on their bucket list.	
What is their favorite meal?	
What is their favorite local restaurant?	
What is their favorite way to spend an evening?	
What do they do to relax?	
What is their favorite dessert?	
What is their greatest fear?	
What is their favorite holiday tradition?	
What is their biggest pet peeve?	
If they could be anything in the world, what would they be?	
How many children do they want?	
What has been their biggest accomplishment?	
What would their ideal date night include?	
Who is their celebrity crush?	
What would they buy if they found \$50?	
What is their dream vacation?	
What is a subject they are passionate about?	
What movie do they quote the most?	
What is their favorite way to spend time with me?	
What is their favorite way to show love?	
What makes them feel most loved?	
What makes them angry?	
What makes them nervous?	
What do they like most about themselves?	

# getting to know each other

## PAST & CHILDHOOD

- Did you have a happy childhood?
- What was your favorite childhood memory?
- What was your favorite childhood vacation?
- What was your childhood fear?
- When you were a child, what did you want to be when you grew up?
- What did you do for fun as a child?
- What were some of your favorite movies to watch as a child?
- What was your favorite game to play as a child?
- Who was your best friend growing up?
- Were you a picky eater?
- What was your worst punishment as a child?
- What was your favorite cartoon?
- What was your favorite book?
- What was your first pet?
- Did you have a nickname?
- What is your earliest memory in life?
- What is something you are grateful your parents taught you?
- Name someone from your past you wish I could meet.
- Name something in your past you wish I could have seen.
- What do you like most about your family?
- What was your first job?
- What was your favorite memory from high school?
- Describe the home you grew up in.
- Do you have special memories with your grandparents?
- Do you have special memories with other relatives?
- What kind of music did you listen to growing up?
- Did your family eat dinner together?
- What was your favorite thing to do with your mom? Dad? Siblings?
- Who in your family were you closest to?
- Do you know why your parents gave you your name?
- Did you ever have to share a room with a sibling?
- Did your family like to cook?
- What was the worst illness/injury you got as a child?
- Were you a good student in elementary school? High school?
- Did you often play outside as a child?
- Did you have chores as a child?
- Did you get an allowance as a child?
- Did you ever have a babysitter? If so, who was your favorite?
- Who was your strict – your mom or dad?
- What big world events do you remember as a child?
- How did your family celebrate holidays growing up?
- As a teen, what did you do for fun? Who were your friends?
- As a teen, did you have a curfew? Did you ever get into trouble?
- Were there any popular phrases when you were a teen?
- How did you dress as a teen?
- Who taught you how to drive?
- What was your high school graduation like?
- Were you popular in high school?

# getting to know each other

## DEEP QUESTIONS

- What are the 3 most important decisions you have made in your life so far?
- Name a quality you most admire in other people.
- What is something you hope to accomplish?
- Where is the most unexpected place you have ever been?
- What is something you dream of owning?
- When all is said and done, what do you want to be remembered for?
- If you could be a genius in one subject, what would it be?
- Name a few things from your bucket list.
- Describe your perfect day.
- If money wasn't an issue, where would you want to live?
- What do you most look forward to about getting old?
- What 3 possessions of yours do you value the most?
- What is the most thoughtful gift you ever received?
- What are the highest and lowest points in your life?
- What is the best compliment you've ever received from someone?
- Who inspires you to be a better person?
- What is something you can never seem to finish?
- What bends your mind every time you think about it?
- How do you feel about your exes?
- What is your biggest insecurity?
- What are you most confident about?
- What is the best advice you've ever received?
- Name 3 of your pet peeves.
- What are you really good at, but kind of embarrassed that you're good at?
- Are there any grudges you are currently holding on to?
- Have you ever struggled with depression? Anxiety? Any other mental illness?
- Have you ever struggled with addiction?
- What are your thoughts on alcohol? Drugs?
- Do you watch porn? What are your thoughts on porn?
- Have you ever struggled with your sexuality?
- Are you a spiritual person? Do you believe in God?
- Is church important to you?
- What are your thoughts on abortion? Gay marriage? Death penalty? Gun laws?
- What topics are your passionate about?
- What is your political stance?
- Do you have a dark secret you've never told anyone?
- Have you ever been to counseling? Therapy? Rehab?
- Have you ever been arrested?
- Are you a confrontational person?
- Have you ever been in a physical fight?
- Are you satisfied with your career/job?
- Are you satisfied with your social life? Family life? Romantic life?
- Are you satisfied with yourself?
- Are you a virgin? If not, describe when you lost your virginity.
- Do you want children? What kind of parent do you think you'd be?

# getting to know each other

## LIGHT HEARTED

- What are your 3 favorite movies and 3 favorite TV shows?
- Name 1 movie or TV show you refuse to watch.
- What are your 3 favorite bands? Singers?
- What is your favorite genre of music? Movies?
- Who is your favorite actor? Actress?
- What are your 3 favorite books? Authors?
- What is one of your favorite smells?
- Do you like to cook?
- What are your 3 favorite meals?
- What are your 3 favorite restaurants?
- What is your favorite drink?
- Name 3 foods you can't stand.
- Are you athletic? What sports, if any, do you enjoy playing?
- Do you like watching sports on TV? If so, which ones? Which teams?
- Describe your dream home.
- Are you a morning or night person?
- Are you usually early or late?
- What website do you visit most often?
- What kind of art do you enjoy most?
- What's the farthest you've ever been from home?
- What's something you like to do the old-fashioned way?
- How do you relax after a hard day of work?
- What job do you think you'd be really good at?
- What one thing do you really want but can't afford?
- What's your favorite Christmas movie?
- What is the best single day of the year?
- What age do you wish you could permanently be?
- What is something you've only recently formed an opinion on?
- Name one of your guilty pleasures.
- What is the most annoying question people ask you?
- Name one thing you are interested in that most people haven't heard of.
- What game or movie universe would you most like to live in?
- What is something you think everyone should do at least once?
- Who's your go to band or artist when you can't decide what to listen to?
- Name one thing that is considered a luxury, but you don't think you could live without?
- What are you most likely very wrong about?
- What is the most immature thing that you do?
- What stereotype do you completely live up to?
- What is something you can never seem to finish?
- What is something you are certain you will never experience?
- What do you wish your brain was better at doing?
- In your group of friends, what role do you play?
- What do you strongly suspect, but have no proof of?
- Among your friends and family, what are you famous for?
- What dish do you normally bring to a holiday meal/potluck?
- What is your favorite dessert?

# getting to know each other

## YOU & ME

- What is something I do that always makes you laugh?
- What is a little thing I do for you that you appreciate?
- What do you remember about your impression of me when we first met?
- Name one word that describes me.
- What is your favorite thing about me?
- What is your favorite thing about our relationship?
- What made you fall in love with me?
- What is my most attractive physical feature?
- What is the nicest thing I have ever done for you?
- What is the most romantic thing I have ever done for you?
- What is the best meal I have ever cooked for you?
- How do you describe me to others?
- What is your favorite memory with me?
- What movie/tv show reminds you of us?
- What food reminds you of us?
- What song reminds you of us?
- What is the first thing you think when you see me?
- What could I do for you that I don't do now?
- What were you thinking on our first date?
- When did you realize you were in love with me?
- What are the biggest differences between us? Similarities?
- Am I a good kisser?
- How do you like to show your love to me?
- How do you like me to show my love to you?
- Name 3 things I do that irritate you.
- Name 3 quirks that you love about me.
- What do you think is my best attribute?
- What is my best physical feature?
- Are there any grudges you are currently holding against me?
- If you're having a bad day, do you want me to cheer you up or leave you alone?
- What is your favorite way to spend time with me?
- Do you enjoy celebrating Valentines Day?
- Do you remember the first thing we said to each other?
- What are some small things that make your day better?
- What kind of parent do you think I'd be?
- Do you think we would make good parents together?
- What about our relationship makes you really happy?
- What about our relationship makes you sad?
- What about our relationship scares you?
- How long did you think our relationship would last when we first started dating?
- If you had one word to describe our love for each other, what would it be?



# *important topics to discuss*

## HOME & FAMILY

- What do you believe the role of a wife should be? Husband?
- Do you think we should rent or buy?
- Where do you want to live?
- Do you prefer urban, suburban, or rural settings?
- What expectations do you have for our home environment (cleanliness, temperature, decorating, guests, pets)?
- Do we have any differences that may make our living together difficult? (sleeping schedule, career schedule, hobbies, social life, cleanliness habits, etc.)?
- What is your ultimate dream home?
- What is your ideal sleeping arrangement (size of bed, type of mattress, type of sheets, room temperature, white noise, etc.)?
- What do you absolutely need in order to get a good night's sleep?
- Is it important to you that we go to bed at the same time?
- What are your thoughts on using electronics in bed?
- What are your thoughts on having a TV in the bedroom?
- How do you feel about having guns in our home?
- Are there certain foods/drinks that you prefer to always have on hand?
- What certain things do you prefer to do alone?
- How much alone time do you need?
- What certain things do you prefer we do together?
- How will we make sure we have quality time together?
- How important is spending time with friends to you?
- What would be the perfect weekday evening to you?
- What is your idea of the best weekend?
- What types of vacations do you enjoy?
- How would you feel if I wanted to travel on my own frequently to visit family, earn income, pursue a hobby, or deal with stress?
- How would you feel about having a relative live with us if the need arises?
- How much time will we spend with our in-laws?
- How do we plan to balance holidays and special occasions with both families, while also making sure we have special time to ourselves?
- If there's a disagreement between me and your family, whose side would you choose?
- What is your medical family history?
- If one of our parents becomes ill, how will we handle that? Would we take them in?
- How important is your faith to you? And how does it affect your lifestyle?
- What are your expectations on us attending church together?

# *important topics to discuss*

## COMMUNICATION & CONFLICT

- How did your family resolve conflicts when you were growing up? Do you approve or disapprove of that method?
- Are you afraid to talk to me about anything?
- Do you feel like we have enough heart to heart conversations that connect us emotionally?
- How can I be better at communicating with you?
- How do you communicate love?
- Do you have a hard time saying sorry?
- What makes an apology feel sincere to you?
- How do you handle your anger?
- Do you feel like you can be assertive with me?
- What would you do if someone said something bad about me?
- How will we make decisions together?
- When you are in a bad mood, how would you like me to handle it?
- What type of boundaries do we want to set when it comes to dealing with the opposite sex?
- Is there anything I say in front of others that embarrasses you?
- Would you be willing to go to marriage counseling if we were having marital problems?
- What do you feel is unacceptable in a marriage, no matter what?
- Would you ever consider divorce?
- How do you handle stress?
- What did you admire about the way your mother and father treated each other?
- How would you feel if I discussed our personal marital problems with family or a close friend? Should I ask your permission beforehand?
- Are there certain topics/areas we tend to fight about often? Is there something we can do to resolve this?
- How can I confront you on an issue without making you feel defensive?

# *important topics to discuss*

## SEX & INTIMACY

- What is your favorite sexual memory with me?
- How can we romance each other during the day in anticipation of sex?
- How often would you like to make love?
- How much time would you like to spend on foreplay?
- What turns you on during foreplay?
- What are your favorite kinds of non-sexual touch?
- Where and how do you like being touched during sex?
- What is your biggest insecurity when having sex with me? Is there something I can do to make it better?
- What is your favorite position?
- What position would you like to try?
- What do I do during sex that you enjoy the most?
- Name 2 places outside the bedroom where you want to make love.
- Is connecting emotionally before sex important to you?
- What do you like to do immediately after sex?
- When do you find me the sexiest?
- When is your favorite time to have sex?
- Where do you enjoy touching me the most (sexual and non-sexual)?
- What is your favorite type of kiss?
- How do you initiate sex? How would you prefer I initiate sex?
- Do you have a fantasy you want to try with me?
- What is your favorite way to be seduced?
- What turns you off?
- How will you handle the situation when one partner wants sex and the other doesn't?
- Has there been a time when you decided not to initiate sex with me due to fear of rejection?
- How do you feel about showing affection in public (holding hands, kissing, hugging, etc.)?
- How can I show you I am sexually attracted to you?
- What part of my body turns you on the most?
- Is there something I say that turns you on?
- What is your favorite way to get in the mood?
- What are your views on pornography?
- What do you think is the best way to keep the romance alive in a marriage?
- Are there specific sexual acts that make you uncomfortable?

# *important topics to discuss*

## FINANCES & CAREER

- What 3 things do you most enjoy buying?
- What 3 things do you most dislike spending money on?
- If money was really tight, what would be the hardest thing for you to give up?
- What are your current debts?
- What are your current assets?
- What is your credit score?
- Do you enjoy managing your finances?
- Do you currently have a budget? If so, how do you budget your money?
- What amount of money do you need to have to feel comfortable?
- Would you prefer having a joint checking account, separate accounts, or both?
- Will each of us put a certain percentage of our income toward shared bills?
- Do you have an emergency fund?
- Who is going to be responsible for making sure bills get paid on time?
- Do you consider vacations a necessity or luxury?
- Are there certain expenses you believe we should buy for our kids? Are there certain expenses you believe our kids should pay for themselves? (car, college, debt, etc.)
- How much, combined, will we make annually?
- What are our financial goals?
- What are our career goals?
- How much time is too much time to spend at work?
- When do you believe it's acceptable to use credit cards?
- What is your definition of wealth?
- How do you feel about creating a budget together before we get married?
- What specific items do you view as necessary to buy vs. nice to have?
- Is it important for you to have a certain standard of living?
- Are you willing to relocate to a new city/state for your partner's job?
- How will we support each other if one of us gets laid off, wants a career change, or wants to go back to school?
- Do you have health insurance? Life insurance?
- What are your thoughts on retirement planning?
- At what age do you want to retire?
- If I have current debts, how would you feel about helping me pay them off?
- Do you believe our parents should know about our financial condition?
- Do you think it's okay to make big purchases without consulting your spouse?
- What are your thoughts on each of us having a certain amount of money each month we can spend freely without consulting each other?

# *important topics to discuss*

## PARENTING

- Do you want to have children? How many?
- How long do you want to be married before having children?
- How will we afford the new addition to our family?
- What are the expectations about who will be the primary care giver for our children?
- Are you open to adoption if one of us is unable to conceive?
- Will one of us stay home after we have children? If so, who will stay home?
- What do you imagine your discipline style will be?
- Would you prefer our kids go to private or public school?
- What are your thoughts on homeschooling?
- What are your thoughts on disciplining kids in public?
- How will we handle parental decisions?
- What role will our in-laws have in our children's lives?
- What values do you want to instill in our children?
- What if our children say they don't want to go to college?
- How will we handle the situation if our children aren't doing well in school?
- Will our kids take the bus to school, or will one of us drive them? If so, who will drive them?
- How important do you think it is that we attend our children's sports games, recitals, etc.?
- How will we decide on family rules in regards to discipling our kids?
- What types of punishments do you prefer to enforce when our kids do something wrong?
- What types of punishments do you think are unacceptable?
- What are your thoughts on rewarding/praising our kids when they do something good?
- Who will be in charge of finding a babysitter when we need one?
- Who will keep track of medical & dental appointments?
- Who will take the kids to their medical & dental appointments?
- Who will put the children to bed?
- Who will be in charge of knowing where everyone else is at a given time?
- Who will get everyone up and out in the morning?
- Who will pack the kids' lunches for school?
- Who will oversee the kids' chores?
- Who will help with homework?
- Who will buy the kids' birthday & holiday gifts?
- Who will plan the kids' parties and events?
- Who will drive the kids to lessons, friend's houses, etc.?
- Who will oversee the children's hygiene?
- Who will find appropriate day care for the kids?
- Who will attend parent-teacher conferences?
- Who will keep in touch with teachers?
- Who will be responsible for buying kids' clothes, toiletries, toys, etc.?

# *important topics to discuss*

## GENERAL

- What type of wedding do you want?
- How do you think life will change when we get married?
- What are you most looking forward to about marrying me?
- What about marriage scares you?
- How would you rank these priorities: work, school, family, spouse, friends, hobbies & church?
- How important are wedding anniversaries to you?
- How would you prefer to spend special days?
- What do you think would improve our relationship?
- What do you picture the ideal marriage to be?
- What do you think is the best way to keep the love alive in a marriage?
- What is your family's religious tradition & heritage?
- Do you want our family to go to church together? If so, what kind?
- What is your stance on major political issues? Abortion? Gay marriage? Gun Control?
- Do you have any problems with drugs, alcohol, or gambling? If so, what type of help are you willing to receive?
- What is your medical history?
- Are you taking any medications?
- Do you ever use recreational drugs?
- Have you ever struggled with a mental illness?
- Is there anything in your past I should be aware of?
- Were you ever abused - physically, emotionally, or sexually?
- Who comes first – your spouse or your children?
- Is it permissible for us to open each other's mail?
- Are you closer to your mother or father? Why?

# strengths and weaknesses

Take some time to evaluate the strengths and weaknesses in your relationship. Put a checkmark under strength or weakness for each item.

	<i>strength</i>	<i>weakness</i>
<b>COMMUNICATION</b> <i>We share feelings &amp; understand each other.</i>		
<b>CONFLICT RESOLUTION</b> <i>We are able to discuss &amp; resolve differences.</i>		
<b>PARTNER STYLE &amp; HABITS</b> <i>We appreciate each other's personality &amp; habits.</i>		
<b>FINANCIAL MANAGEMENT</b> <i>We agree on budget &amp; financial matters.</i>		
<b>LEISURE ACTIVITIES</b> <i>We have a good balance of activities together &amp; apart.</i>		
<b>SEXUALITY &amp; AFFECTION</b> <i>We are comfortable discussing sexual issues &amp; affection.</i>		
<b>FAMILY &amp; FRIENDS</b> <i>We feel good about our relationships with relatives &amp; friends.</i>		
<b>RELATIONSHIP ROLES</b> <i>We agree on how to share decision-making &amp; responsibilities.</i>		
<b>CHILDREN &amp; PARENTING</b> <i>We agree on issues related to having &amp; raising children.</i>		
<b>SPIRITUAL BELIEFS</b> <i>We hold similar religious values &amp; beliefs.</i>		
<b>OTHER:</b>		
<b>OTHER:</b>		
<b>OTHER:</b>		

# what I love about my partner

qualities & strengths	actions/words that meant a lot to me:

what initially attracted me to my partner:

I value my partner because:



# Qualities we share

values we share:	unique things we have in common:
movies, books, music we both enjoy:	we have fun together when we:
as a couple, we're good at:	as a couple, our weaknesses are:
places we would like to visit:	goals for our future:

# managing my expectations

## **My partner will meet all my needs for companionship.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **Time will resolve any problems we may have.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **If I have to ask for something, it's not as meaningful.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **When there is less romance, that means we have less love for each other.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **My partner's interest in sex must be the same as mine.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **We will always do things just like my family did.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **Arguing and disagreements are a sign that there is a problem in our relationship.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **I believe I know everything there is to know about my partner.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **Love is all your need for a great relationship.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **Keeping silent about something bothering me is better than causing unnecessary conflict.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **I believe I should be my partner's number 1 priority.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

## **I want my partner to fill every void in my life.**

Did you believe this in the beginning of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
Do you believe this now?	<input type="radio"/> yes	<input type="radio"/> no

# attachment style

Take some time to identify your attachment style, and then work on strategies to improve.

<b>Secure Attachment</b>	<ul style="list-style-type: none"><li>○ Can be intimate without a lot of anxiety about the relationship.</li><li>○ Doesn't get too upset about misunderstandings.</li><li>○ Feels open and is able to give and receive love and affection.</li><li>○ Has generally good self-esteem and confidence.</li><li>○ Able to confront conflicts directly without being passive, aggressive, or passive aggressive.</li><li>○ Accepts others' qualities, positive and negative.</li><li>○ Able to apologize, forgive, and solve problems collaboratively.</li></ul>
<b>Anxious Attachment</b>	<ul style="list-style-type: none"><li>○ Has strong desire to be close to others.</li><li>○ Able to feel intimacy.</li><li>○ Highly sensitive to misunderstandings such that they cause distress.</li><li>○ Jumps to conclusions without rationally assessing the reality.</li><li>○ Can experience jealous feelings toward their partner's friendships and other relationships.</li><li>○ Can often "play games" or be manipulative as a way of seeking reassurance.</li><li>○ Can withdraw, withhold, retreat, or threaten partner with withdrawal when conflicts arise.</li><li>○ Can pursue, nag, badger, and criticize partner in an effort to "get them to change."</li><li>○ Worries excessively about the stability of the relationships and whether it will last.</li><li>○ Tends to take things personally and exaggerate minor conflicts.</li></ul>
<b>Avoidant Attachment</b>	<ul style="list-style-type: none"><li>○ Feels self-sufficient &amp; independence are of the highest value, at times more than intimacy.</li><li>○ Able to be close to others, up to a point.</li><li>○ Not very comfortable sharing deep feelings.</li><li>○ Tends to delay or completely avoid commitment.</li><li>○ If they've made a commitment, tends to regularly express dissatisfaction.</li><li>○ Tendency to focus on partner's flaws.</li><li>○ Idealizes single life, being alone.</li><li>○ Can be sensitive to being (or feeling) controlled or pursued.</li><li>○ Can exhibit distancing behaviors such as flirting with others, shutting down, blaming others, etc.</li><li>○ Can distance by withdrawing, retreating, or pulling back from intimacy.</li><li>○ Tends to dismiss other's feelings.</li><li>○ Fears being needy or too dependent.</li></ul>
<b>Disorganized Attachment</b>	<ul style="list-style-type: none"><li>○ Unresolved mindset and emotions; frightened by memories of prior traumas; losses from the past have not been not mourned or resolved.</li><li>○ Cannot tolerate emotional closeness in a relationship; argumentative, rages, unable to regulate emotions; abusive and dysfunctional relationships recreate past patterns.</li><li>○ Intrusive and frightening traumatic memories and triggers; dissociates to avoid pain; severe depression, PTSD.</li><li>○ Antisocial; lack of empathy and remorse; aggressive and punitive; narcissistic, no regard for rules; substance abuse and criminality.</li><li>○ Likely to maltreat own children; scripts children into past unresolved attachments; triggered into anger and fear by parent-child interaction; own children often develop disorganized attachment.</li></ul>

# attachment style

## Strategies for Anxious Attachment Style:

- Accept that you are wired for emotional reactivity and sensitivity and be kind to yourself rather than judge yourself.
- Count to ten or step back from a difficult situation with your partner before you automatically respond with anxiety or anger.
- Learn to name your feelings and express them openly to your partner rather than “mind reading” what they might be thinking or rehearsing what you want to say.
- Write down your feelings, for yourself, or perhaps to share with your partner later.
- Notice your fear or worry if your partner seems to be stepping back or acting distant when you want to be closer. Redirect your energy and let go of judgment.
- Create time and space between the onset of a problem and your sense of urgency to “solve it.” Distract yourself to take your mind off it. Come back to it later or the next day.
- Reviewing and replaying arguments or conflicts is probably making you more anxious than calm. Reduce the tendency to process and process everything that happens in your relationship.
- Practice mindfulness (meditation, relaxation, being aware of the present moment) to better manage conflicts and upset.

Of the above items, which ones are you willing to practice in the next week?

Who can you talk to about your attachment style? Someone neutral & accepting. If not a therapist, name at least two people you trust.

# attachment style

## Strategies for Avoidant Attachment Style:

- Practice being more objective about you and your partner's behavior. If there is a conflict, step back, reflect, and discuss it with your partner instead of running away or delaying a confrontation.
- Identify your emotions and feelings and practice naming them and sharing them with your partner or other people with whom you want to become closer.
- Work on feeling better about yourself and your attractiveness, your talents, and your achievements in life.
- Learn positive affirmations and practice repeating them frequently.
- Practice reassuring yourself about your positive qualities instead of asking your partner to reassure you.
- Say yes to situations that you might be inclined to avoid, such as going out as a couple or socializing with others.
- Notice when you are judging and criticizing others and bring an attitude of acceptance instead—we are all flawed in some way.
- Practice making compromises.
- Work toward thinking of yourself as a couple, using “we” more than “I” or “you.”
- Write in a journal or work with a therapist to understand your past relationship patterns—both in your family of origin and throughout your life.

Of the above items, which ones are you willing to practice in the next week?

Who can you talk to about your attachment style? Someone neutral & accepting. If not a therapist, name at least two people you trust.

# confronting our issues

When working through relationship issues, try to figure out which ones are high priority and easy to change, and start working on those first.

**Relationship Issue:**

This issue is:

High Priority

Low Priority

This issue is:

Easy to change

Difficult to change

Steps needed to take to resolve this issue:

**Relationship Issue:**

This issue is:

High Priority

Low Priority

This issue is:

Easy to change

Difficult to change

Steps needed to take to resolve this issue:

**Relationship Issue:**

This issue is:

High Priority

Low Priority

This issue is:

Easy to change

Difficult to change

Steps needed to take to resolve this issue:

# dealing with frustrations

Work on expressing your feelings and communicating what you want without blaming your partner.

When you:

I feel:

I usually react by:

What I really want is:

When you:

I feel:

I usually react by:

What I really want is:

When you:

I feel:

I usually react by:

What I really want is:

When you:

I feel:

I usually react by:

What I really want is:

# crossing the line

Take some time to identify harmful or verbally abusive patterns in your communication patterns toward your partner and learn healthier ways of approaching conflicts.

**Calling your partner names.** Have you used words aimed at your partner such as “jerk,” “stupid,” “idiot,” “good-for-nothing,” or other harmful names, including swearing and cursing? Write about it.

**Blaming your partner.** Do you often say things such as “It’s all your fault,” “If it weren’t for you, I’d \_\_\_\_”? Write about it.

**Criticizing your partner.** Do you say things like, “You can’t do anything right,” “You are a slob,” or other things that frequently point out flaws in your partner? Write about it.

**Being condescending.** Do you say things that are sarcastic or patronizing? Like, “Really? You’re wearing *that*?” “Could you be any slower?” “I’ll say it again so you have a chance of understanding.” Write about it.



# *crossing the line*

**Humiliating your partner.** Do you say things that undermine your partner's confidence and self-esteem? Like, "Who would want you," "You're not even worth paying attention to," "You are so fat. Why do you eat so much?" Write about it.

**Manipulating your partner.** Do you often say things to try to control your partner? Like, "If you loved me, you'd have sex with me," "If you don't make me dinner, it proves you don't care." Write about it.

**Threatening your partner.** This is a dangerous form of verbal abuse that should be helped by a professional. Do you say things like, "You better do what I say, or I'll leave and never come back," "If you keep at it, I can't be responsible for what happens next," "Shut up or you're going to get it worse." Write about it.

**Isolating or withdrawing.** Perhaps instead of being verbally critical, you do things like refuse to talk to your partner, storm out of the house, avoid answering texts or phone calls. Write about it.



# technology in our relationship

Take some time to evaluate how technology is affecting your relationship both in good and bad ways, and then identify specific steps to take to keep your technology habits in check.

Write down the device and apps you use often and estimate how much time you spend on them daily.

Device/App:	Estimated Time Spent Daily:

Now, write down the device and apps your partner uses often and estimate how much time they spend on them daily.

Device/App:	Estimated Time Spent Daily:

What are the positive effects on your relationship of you and your partner's use of technology, for example, convenient for planning, sharing thoughts and feelings, sharing news, etc.?

What are the negative effects on your relationship of you and your partner's use of technology, for example, lack of face-to-face time, difficulty having a conversation without interruption, irritability, moodiness, etc.?

# technology in our relationship

Now, for the negative effects, make a plan to sit down with your partner and discuss how you can change your use of technology. Here are some ideas:

- Share, in person, your concerns with your partner. Resist the urge to hide behind the “safety” and “anonymity” of texting or emails.
- Make a plan to reduce time on devices—set a goal of limiting tech use to a specific number of minutes per day. Then stick to it.
- Alternatively, carefully schedule in your use of technology (e.g., 7:00 to 7:15; Facebook, Twitter, Instagram, etc.)
- Install a blocking app that restricts your access to social media.
- No texting during meals.
- Shut off all devices an hour before bedtime. Talk! Be sure to make eye contact.
- Schedule other device-free time together to share your thoughts and feelings.
- Make time to be in nature, walking, hiking, doing shared activities.
- Introduce a weekly device-free romantic “date night.”
- Take a meditation or yoga class together.
- Go to the gym.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Write your specific game plan and commitment to change below.

# *lack of commitment*

If you are feeling less committed to your relationship than you used to be, use the questions below to explore some of the possible contributing factors.

Have you become overwhelmed by the demands of life?	<input type="radio"/> yes	<input type="radio"/> no
If yes, how do you think this affects your commitment?		

Is your drive to success making it hard to focus on your relationship?	<input type="radio"/> yes	<input type="radio"/> no
If yes, how do you think this affects your commitment?		

Are you purposely keeping your distance?	<input type="radio"/> yes	<input type="radio"/> no
If yes, how do you think this affects your commitment?		

Are your outside interests getting in the way of your relationship?	<input type="radio"/> yes	<input type="radio"/> no
If yes, how do you think this affects your commitment?		

Do you have unresolved feelings of resentment in your relationship?	<input type="radio"/> yes	<input type="radio"/> no
If yes, how do you think this affects your commitment?		

# relationship check-in

It might be helpful to have both of you fill this out once a month or so to check in with each other.

1. There is a warm intimacy between us most of the time.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
2. I have no trouble forgiving my partner when I am hurt in our relationship.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
3. I have no trouble apologizing to my partner when I do something wrong.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
4. Any disagreements we have are resolved without hurts or conflicts.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
5. Our communication is clear and we understand each other well.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
6. I am happy with the amount of quality time we spend together.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
7. I feel valued, appreciated, and listened to by my partner.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
8. I feel as though we are both on the same page regarding our future together.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
9. I am comfortable talking to my partner about personal or sensitive topics.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
10. I can be 100% myself in my relationship.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
11. I feel as though we know each other very well.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
12. I feel as though we are growing in the same direction, and that we share the same values.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
13. I am happy with the way you show your love for me.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree
14. I consider myself happy in this relationship.
  - Strongly Agree
  - Agree
  - Disagree
  - Strongly Disagree







*notes*