

# <u>Couples Self-Evaluation</u>

Are y	ou com	mitted t	o your p	oartn	er?					
	1 No	2	3	4	5 Kind Of	6	7	8	9	10 Very Committed
	and your j on your rei		ve a comn	nitmen	it then you hai	ve boti	h discussed th	be decisio	on to be tog	gether and to actively
Are y	ou able	to comr	nunicat	e effe	ectively abo	ut re	eal issues	with yo	our partn	ner?
	1 Not E	2 ffective	3	4	5 Somewhat	6	7	8	9	10 Effective
Think up issu commu	about how wes that ar wnicate effe	v many ar e hard to .	reas you fe say? If you	eel you u have	cannot or will trouble in this	not a	liscuss with y	our pari	tner. How	ion of your relationship. safe do you feel brining at you learn to
	1 No	2	3	4	5 Mostly	6	7	8	9	10 Yes
					nt out of their t to your partn					be like in the future. It ing together.
		owing 10 st impo		ıs to	your interes	st (1	being the	most i	mportan	t to you and 10
		Affection Honesty Family ( Recreate Admira	y and Op Commit ional Co	ment	ess _ _ nion _		Conversat Financial Sexual Fu Attractive Domestic	Suppor lfillmer /Hand	nt Isome Co	-

Is your relationship a priority in your life?												
	1 Not Re	2 eally	3		5 Top Five	6	7	8	9	10 #1 Priority		
What i	Is your job, your car, or your hobby, more important than your relationship? How much time do you put into each? What would you say is the most important thing in your life? In order for a healthy, loving relationship to survive, it must be your number one priority.											
Do yo	ou have a	an inne	feeling	that	your partn	er is the	right o	ne for y	ou?			
	1 Not Su	2 re	3		5 Think So	6	7	8	9	10 Definitely		
-	Couples in love say that they have a deep inner feeling that they are with the right person. If you do not feel this, then consider the reasons that your partner does not seem right.											
Do you have a good understanding of your self, your strengths, weaknesses, desires, and what you want to get out of the relationship?												
	1 Not Su	2 re	3	4	5 Somewhat	6	7	8	9 C	10 Elear Understanding		
Do you understand how your upbringing affects your current relationship? Do you know why you picked the partner that you did and why your past relationships did not work out? Do you know how your past relationships and expectations affect your current relationship?												
Do yo	ou have a	a satisfy	ing sexu	ıal re	lationship	?						
	1 Never	2	3	4	5 Mostly	6	7	8	9	10 Always		
If you have a satisfying, loving, physical relationship, then this will bring you and your partner closer together. Do you find that it is easy to talk about sexual issues? Many people have strong emotions in this area and even little things, when not discussed, can lead to big problems.												
Do yo	Do you or your partner use drugs or alcohol?											
	1 Often	2	3	4	5 Occasionally	6	7	8	9	10 Never		

When drugs (whether prescription or illegal) or alcohol are used to excess, this can put an enormous strain on your relationship. It is important to get help for substance abuse if you want to have a healthy relationship.

	1 1 or 2	2	3	4	5 Some	6	7	8	9	10 Many		
they find	ally get the you both h	e beautifu	l or succe	ssful per	son that the	ey wanted	, then that	is enoug	h to build	ther people think that if a relationship. In he spending a lot of time		
Are th	ere mar	y stres	sors on	your r	elationsh	ip right	now?					
	1 High S	2 tress	3		5 ormal Stre		7	8	9	10 Low Stress		
moving Conside	from an a er how ma	partment ny stresso	to a hou ers exist i	se or big in your r	ger house an elationship	re all exa right non	mples of go	od thing.	s that cau	ed, having children, and se a lot of stress.		
CHECK			inch yo	ou iiiid	as stress	_	our reia		_	· cp 'l''		
	Finances Communication Personal Habits Criticism Sex Television Friends Other:				List Boo Sho	pectation ening ly Clock wing At nily Cele	of Othe	r _ - - -	<ul> <li>Division of Responsibili</li> <li>In-Laws</li> <li>Decision-Making</li> <li>How to Spend Time</li> <li>Spouse's Career</li> <li>Marital Expectations</li> <li>Alcohol/Drugs</li> </ul>			
Do yo	u have a	a way to	get he	lp whe	en you ge	t stuck	in your i	elation	nship?			
	1 No Sup	2 poort	3	-	5 me Suppo	-	7	8	9	10 Much Support		
		_				-			_	or relationship role ows the solution.		
Do yo	u share	your ne	eeds an	d fears	with you	ır partn	er?					
	1 Never	2	3	4	5 Some	6 times	7	8	9	10 Often		
										timate connection. nt for deepening your		

Do you have similar interests?

relationship.

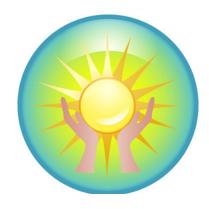
	Do you	wish	that	your	partner	would	change?
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If you have the idea that your partner is not exactly the right person for you but that he or she will "come around," then you are not in the relationship for the right reasons.

#### Do you actively put energy into your relationship?

1 2 3 4 5 6 7 8 9 10 No I Try Sometimes A Lot of Energy

Do you spend time thinking about your partner and what his or her needs are? Do you think of activities for you and your partner to do together? Do you make time for your partner?



#### Rank the following questions on a 10-point scale:

_ How important is your relationship? (10 being the most important)
How willing are you to do what you need to do to make the relationship work? (10 being most willing)
How competent do you fill that you have the skills to make the relationship work? (10 being most competent)
How ready are you to begin working on the relationship? (10 being most ready)



# Relationship Survey

How a couple handles conflict in their marriage can provide some insight into healthy relationships by turning destructive interaction into positive interaction. Relationship stress factors can include avoidance, withdrawal, physical aggression, dysfunctional attitudes, commitment, and motivation.

Please answer each of the following questions in terms of your relationship with your partner.

Almost	Once in	Frequently	
Never	a While		
(1)	(2)	(3)	
			Little arguments escalate into ugly fights with accusations,
			criticism, and name calling or bringing up past hurts.
			My partner criticizes or belittles my opinions, feelings, or desires.
			My partner seems to view my words or actions more negatively
			than I mean them to be.
			When we have a problem to solve, it is like we are on opposite
			teams.
			I hold back from telling my partner what I really think and feel.
			I think seriously about what it would be like to date or marry
			someone else.
			I feel lonely in this relationship
			When we argue, one of us withdraws, that is, does not want to
			talk about it anymore, or leaves the scene.

Source: Fighting For Your Marriage by Scott Stanley and Howard Markman.

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8 to 12 "Green Light" – If you scored in this range, your relationship is probably in good or even great shape at this time, but we emphasize "at this time" because relationships do not stand still. In the next 12 months, you will either have a stronger, happier relationship, or you could head in the other direction. There is no need to stop, but it is probably a great time to work on making your relationship all it can be.

13 to 17 "Yellow Light" – If you scored in this range, it is likely you are coming to a yellow light. You need to be cautious. While you may be happy now in your relationship, your score reveals warning signs of patterns you do not want to let worsen. You will want to take action to protect and improve what you have.

18 to 24 "Red Light" – If you scored in this range, it is like approaching a red light. Stop and think about where the two of you are headed. Your score indicates patterns that could put your relationship at significant risk. You may be heading

for trouble—or you may already be there. But there is good news. You can stop and learn ways to improve your relationship now.

## Revitalizing Your Relationship

(by Michele Weiner-Davis, PhD in Divorce Busting)

Couples need to make their relationship a priority. I believe the single biggest contributing factor to a breakdown in relationships today is the fact that couples are not spending enough time together. The relationship gets put on the back burner. Everything else seems more important: careers, children, hobbies, community involvement, and personal pursuits. When relationships are not attended to, trouble sets in.



People who do not prioritize their relationships tell me that they often end up fighting during the little time they do have together. They argue about day-to-day issues: unpaid bills, uncleaned houses, unruly children, and so on.

But the truth is, arguing about "who is doing what around the house," may be connected to a variety of other problems. Some of these may be related to the relationship itself, such as problems of isolation, loneliness, and resentment. At other times the problems may be more socially and culturally related: gender inequities, economic issues, or problems of depression and anxiety. Most of the time people argue about the mundane issues when their emotional needs are not being met. The soda can left in the living room becomes a symbol of a lack of care for the partner. Does this sound familiar?

And here is the Catch-22: if you and your partner are arguing a lot, you do not feel like spending time together. In fact, you want to spend as little time as possible with him or her. Unfortunately, avoidance only makes matters worse: more distance, more tension, less cooperation, more conflict, and the list goes on.

However, time together can be a great healer. Even if it s awkward at first, when two people commit to investing energy and time to their love life, good things can come from it. When people put their relationships first, they start to feel appreciated and important. They feel loved. Spending time with your partner tells him or her in no uncertain terms, "You matter to me." Time together gives people opportunities to collect new memories, remember old ones, and do activities they enjoy, laugh at each other's jokes, and renew their love.

Some do's and don'ts:

- Do plan and schedule dates together. Write these dates on your calendar or appointment book, the same way you would a business appointment or doctor appointment.
- Do spend some time together without your kids. The best thing you can do for your kids is to make your marriage work.

- Do something enjoyable together; it will make you and your partner feel more loving. As a result, you may even be able to resolve heated topics more easily in the future.
- Do go for a walk around the block. Read a novel together. Go dancing (or take dance lessons). Set aside ten minutes each day to talk. Ride a bike. Be creative.
- Do not think you have to spend enormous amounts of time together to create closeness and connection. Regular, brief get-togethers work too. Small changes in your schedule can make a huge difference.
- Do not think you have to go to a tropical island to make time together meaningful. You do not have to spend a lot of money to show your love for your partner.

Remember, having fun together is a way of acknowledging that relationships are a serious business and are not to be taken for granted. Embrace the moment and cherish today with your partner as you joyfully and happily play in unique and creative ways.

## Seven Principles for Making Relationships Work (John Gottman):

Maintain a love map.

- 1. Foster fondness and admiration.
- 2. Turn toward instead of away.
- 3. Accept influence.
- 4. Solve solvable conflicts.
- 5. Cope with conflicts you cannot resolve.
- 6. Create shared meaning.

## Final Thoughts to Ponder ... consider the following:

- 1. Is your well-being your partner's priority?
- 2. Does your partner accept, like, honor, and respect you as you are?
- 3. Do you accept, like, honor, and respect your partner as they are?
- 4. Do you accept, like, honor, and respect yourself when you are with your partner?
- 5. Does your partner bring out the best in you?
- 6. Is your partner your best source of emotional support and encouragement?
- 7. Does your partner believe in you and your abilities?
- 8. Does your partner encourage your personal growth?
- 9. Do you feel like a separate person with valid opinions, beliefs, and preferences?
- 10. Is your partner proud of your achievements and accomplishments?
- 11. Do you feel understood, validated, safe, and peaceful?
- 12. Is your partner your best friend? Consistently?



13.	Does	being	with	your	partner	affirm	and	enhance	your life?
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14. Are you happy when you are with your partner?