

A close-up photograph of a man and a woman's faces, focusing on their mouths and lips. The man is on the left, and the woman is on the right. They appear to be in a romantic or intimate setting. The image is partially obscured by a large purple text box.

**Relationship  
Checkup  
How does  
your  
relationship  
rate?**

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Thank you for downloading *“Relationship Checkup : How does your relationship rate?”*

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Do you know how well your relationship is doing? Leave no doubts by completing this relationship checkup together. First list your response to the particular area of the relationship that is being graded, then list your partners. Finish the complete check up, then talk about your ratings with each other.

Remember, this is a tool to help promote awareness about your relationship. You need to be able to be honest with each other about your feelings. This is definitely not a time to be overly sensitive or defensive about what your partner may say about you.

**Rating Guide: E = Excellent S = Satisfactory NS= Not Satisfactory**

| <b>How would you rate the following aspects of your relationship?</b>   | <b>Your Response</b> | <b>Your Partner's</b> |
|---|----------------------|-----------------------|
| <p><b>Communication:</b><br/>How often do you talk together? Are you both able to communicate what you intended without misunderstandings?</p>                          | E / S / NS           | E / S / NS            |
| <p><b>Listening Ability:</b><br/>Do you feel you are actually listening to what each other is saying?</p>   | E / S / NS           | E / S / NS            |
| <p><b>Handling Arguments:</b><br/>How well would you say you are both able to come to a resolution quickly?</p>   | E / S / NS           | E / S / NS            |
| <p><b>Responsibility:</b><br/>Do you both take your responsibilities equally?</p>   | E / S / NS           | E / S / NS            |
| <p><b>Finances:</b><br/>Do you feel comfortable with the way your finances are being handled?</p>   | E / S / NS           | E / S / NS            |
| <p><b>Housekeeping:</b><br/>Do you feel the household duties are being completed and fairly?</p>  | E / S / NS           | E / S / NS            |
| <p><b>Support of Partner:</b><br/>Do you feel your partner would provide with a shoulder to lean on when you need it? Have they been supportive of you in the past?</p> | E / S / NS           | E / S / NS            |

### **Amount of Time Spent**

#### **Together:**

Are you content with the amount of time you spend together? E / S / NS E / S / NS

#### **Working Towards Goals:**

Are you trying to buy a new house? Save money for your child's education? Or plan a dream trip? If so, do you feel content with your progress so far? E / S / NS E / S / NS

#### **Honesty:**

How honest do you feel you are with each other? E / S / NS E / S / NS

#### **Trust:**

Do you feel like trust is an area you need to work on? E / S / NS E / S / NS

#### **Creativity:**

Do you both exhibit creativity in your relationship? Such as unique ideas for date nights or time spent together? E / S / NS E / S / NS

#### **Spontaneity:**

How spontaneous are you with each other? E / S / NS E / S / NS

#### **Romance:**

Do you feel loved? Do you both take time out to let each other know how you feel? E / S / NS E / S / NS

#### **Lovemaking:**

How would you rate your intimate time spent together? E / S / NS E / S / NS

#### **Communication In The Bedroom:**

Can you comfortably talk with your partner about all aspects of your sexual relationship? E / S / NS E / S / NS

Love & Kindness,

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