

Evaluating the Problems in Your Relationship

Objective

To become aware of the areas in your relationship that might require strengthening.

You Should Know

Research has shown that couples who consistently check up on their relationships experience improvement in the quality of those relationships. A relationship checkup can identify potential problems before they develop or spiral out of control. Identifying and working on problems is easier during a relationship checkup than if couples wait until there are serious problems to address. Making time for evaluating the areas in your relationship that require strengthening can go a long way toward preventing serious problems down the road.

What to Do

Make a copy of this worksheet for each partner. After you have both completed it, share your responses without judging or criticizing. Rate each statement on a scale from 1 to 10, where 1 = strongly disagree, and 10 = strongly agree. Answer these questions as honestly as possible.

___ It is difficult to discuss the conflicts and disagreements we have.

___ My partner and I are not on the same page. We are off rhythm, not in sync.

___ I wish my partner and I communicated better with each other.

___ Issues or problems in our relationship do not easily get resolved.

___ In the past week, I experienced no sexual desire for my partner.

___ I feel disappointed, discouraged, or indifferent about sex in my relationship.

___ I am uncomfortable telling my partner what I like, don't like, and what I would like more or less of when it comes to sex.

___ I feel my partner finds me unattractive.

___ I cannot be 100 percent myself in my relationship.

___ I feel like my partner does not know me well or doesn't really "see" me.

___ My partner and I are growing apart, and we no longer share the same values, goals, or priorities.

___ I keep very personal things hidden from my partner.

- ___ I don't confide in my partner.
- ___ My partner doesn't confide in me.
- ___ I know my partner is stressed, but they refuse to openly share what is upsetting them.
- ___ I can't easily forgive my partner when I am hurt or upset.
- ___ We fail to do the things we need to do to maintain a healthy relationship.
- ___ We don't engage in outside interests together (for example, outdoor activities or socializing with friends).
- ___ We can't seem to resolve conflict without hurtful comments or serious arguing.
- ___ I just don't understand where my partner is coming from.
- ___ We don't laugh or have fun together.
- ___ It is difficult for me to demonstrate caring and affection, including using terms of endearment.
- ___ It is hard for me to apologize to my partner when I am wrong.
- ___ I don't miss my partner when they are away.
- ___ I don't feel supported when I have opportunities for growth.
- ___ I find myself saying hurtful or critical things to my partner.
- ___ We don't express physical affection to each other (for example, kissing, hugging, holding hands).
- ___ I don't feel respected and honored.

Now add up your score: _____

- If you scored 181 or more points, there are definitely areas in your relationship that could be strengthened to enhance your relationship.
- If you scored 101–180, there might be areas that require some focus to strengthen your relationship.
- If you scored between 28–100 points, there might be one or two areas that require work, but overall, your relationship is healthy.

Answer the following questions. How many days has it been since you and your partner:

Had a serious argument? _____

Went on a real date? _____

Took a walk together? _____

Did an important errand together? _____

Visited with friends? _____

Had a serious discussion about your relationship? _____

Had sex? _____

Made an important decision together? _____

Laughed hard at something together? _____

Made a major purchase together? _____

Did any of these answers surprise you? Explain.

List the top three areas in your relationship you feel need work.

1. _____

2. _____

3. _____

Describe challenges you might experience in strengthening these three areas.

Describe recent stressors that have contributed to the problems you and your partner are experiencing.

Describe your current demands (for example, childcare, working full-time or multiple jobs).

List five resources and/or strengths you bring to the relationship.

1.

2.

3.

4.

5.

Are there factors that prevent you from using your strengths and/or resources? Explain.

Reflections on This Exercise

What did you learn from this exercise?

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What else can you do to make progress in this area?
