

TAKING A CLOSER LOOK AT YOUR RELATIONSHIP

Working on your relationship with your partner involves taking the time to understand your differences and similarities. Answer these questions as honestly as possible.

What would you like to change most about yourself? _____

How would you achieve this change? _____

What would you like to change most about your partner? _____

What could your partner do about changing for the better? _____

What pleases you most about your partner? _____

What was the best thing you and your partner did together in the last month? _____

What was the hardest thing you did together in the last month? _____

What is the best thing about your relationship? _____

What is the worst thing about your relationship? _____

What could you do about the worst thing? _____

What are the best things about your sex life? _____

What are the most difficult things about your sex life? _____

How can you help to change the hardest things? _____

How can your partner help to change the hardest things? _____

List four things you enjoy most about your partner.

1. _____
2. _____
3. _____
4. _____

List four things you find difficult about being with your partner.

1. _____
2. _____
3. _____
4. _____

List four things you enjoy doing socially without your partner.

1. _____
2. _____
3. _____
4. _____

List four things you have difficulty doing socially with your partner.

1. _____
2. _____
3. _____
4. _____

List four things you enjoy doing around the house by yourself.

1. _____
2. _____
3. _____
4. _____

List four things you have difficulty doing around the house with your partner.

1. _____
2. _____
3. _____
4. _____