

# Relationship Recap

**What are the top 6 areas/themes of your relationship you would like to improve or enhance?**

*Below you will list the 6 specific aspect of the relationship you would like to improve. Then on a scale from 0-10 (0= low and 10=high) you will rate yourself in the relationship in that area, then your partner, and lastly a rating for your self-care (i.e. on how you independently provide that need to yourself in your personal life).*

<u>Theme</u>	<u>Your Relationship Rating</u>	<u>Your Partner's Rating</u>	<u>Your Self-Care Rating</u>
1)			
2)			
3)			
4)			
5)			
6)			

**Share with your partner**

**Now focus on the top 3 self-care scores you would like to improve upon in your personal life. And list 2 ways you will take action to improve in this area.**

- 1)
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  -
- 2)
  - 
  -
- 3)
  - 
  -

**Now identify the top 3 areas you had a low rating in the relationship. And list 2 ways you will take action to improve in this area.**

- 1)
- 2)
- 3)