



Relationship Inventory for Sam and Andrea

Are you wondering if you should stay in your relationship? Do you sometimes find yourself thinking, “I just can’t take this anymore!” but you don’t know if letting go is the answer? This Relationship Inventory is very helpful for couples who are “on the fence” about staying together. This inventory helps you to get a broader perspective of where you truly stand with each other. Just as a successful business needs to periodically do an inventory, so do WE as couples!

QUESTION #1: On a scale of 1 to 10, how do you relate your relationship in the following areas?

Consider where you stand as a couple in each of these areas. If nothing is working, rate it a 1. If it is working wonderfully, rate it a 10. You can assign a range instead of a single number, to reflect your varying level of satisfaction over time. (For example, as lovers you might range from 5 to 9.) Write your answer (whether a number or a range) in the first column.

HOW DO YOU DO:

SAM ANDREA

- | | |
|---------------|--|
| _____ _____ | As friends (true pals who enjoy each other’s company & sharing together) |
| _____ _____ | As BEST friends (meaning you can share anything without fear of being judged or made wrong) |
| _____ _____ | As co-parents (if you share children) |
| _____ _____ | As lovers |
| _____ _____ | As problem solvers |
| _____ _____ | With communication |
| _____ _____ | With supporting each other professionally |
| _____ _____ | With supporting each other’s spiritual growth or practice |
| _____ _____ | With finances |
| _____ _____ | With nurturing each other |
| _____ _____ | With rest & relaxation |
| _____ _____ | As roommates (if living together part or full time) |
| _____ _____ | With traveling and/or taking vacations |
| _____ _____ | With working together (if applicable) |
| _____ _____ | With other common interests or hobbies |

QUESTION #2: On a scale of 1 to 10, how committed are you to continuing this part of your relationship?

If you and your partner are both doing this exercise, your answers might be very different. The discrepancies will hold valuable information for making each of these areas of relating function in a more mutually enjoyable way. It is important to listen to each other in a spirit of curiosity. Bring to this inquiry your most sincere desire to build understanding, and resist any urge to make your partner wrong, or to shame, blame or in any other way undermine his or her willingness to communicate and share openly.

QUESTION #3: Contemplate each relationship category in depth, in terms of feelings/emotions and needs/values.

Now, for each of the categories on the last page, transfer your numbers here. Then for each item, describe what in your view is working well, and what you would like to see happen in order to raise your rating in that area.

____ | ____ **As friends** (true pals who enjoy each other's company & sharing together)

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **As BEST friends** (you can share anything without fear of being judged or made wrong)

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **As co-parents** (if you share children)

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **As lovers**

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **As problem solvers**

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **With communication**

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **With supporting each other professionally**

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **With supporting each other's spiritual growth or practice**

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **With finances**

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **With nurturing each other**

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **With rest & relaxation**

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **As roommates** (if living together part or full time)

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **With traveling and/or taking vacations**

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **With working together** (if applicable)

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting:

____ | ____ **With other common interests or hobbies**

What I am grateful for in this area of my relationship is:

I feel (use the Emotions Connected to Met Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are well met:

What I would like to have happen in this area is (write what you DO want, rather than what you don't want):

I feel (Emotions Connected to Unmet Needs/Values/Longings list):

Because my needs/values for (use the Universal Needs/Values list) are not met to the degree I am wanting: