



### Relationship Assessment Worksheet

Choose 3-5 people who are important in your life. List their names on the left side of the sheet. Read the columns across the page and, starting with the first person on your list, fill in each box with “usually,” “sometimes,” or “rarely.” Continue down the list until you have responses for each person and then answer the three questions at the bottom of the page.

Name	We enjoy mutual trust, understanding and respect for each other	We both feel heard, appreciated and supported	We are able to raise difficult issues with one another	We each take responsibility for our actions and do not blame one other	We both enjoy the time we spend together	We actively resolve our differences or agree to disagree	We share some similar interests	We both put energy into maintaining the relationship	We both feel physically and emotionally safe in the relationship	We have many values in common

1. Which relationships are currently the healthiest and feel most supportive?
2. Which relationships are currently in need of work? What are some of the changes you plan to make?
3. What are the most important changes you can make in your key relationships?