

Relationship Assessment

Assess how satisfied you are in every relationship aspect by using a scale from 0 to 10 (with 0 being very dissatisfied and 10 being very satisfied):

Relationship Aspect	Rate (1-10)	Ways to improve
Physical connection		
Emotional connection		
Spiritual connection		
Time spent together		
Conflict resolution		
Handling chores		

Handling finances		
Parenting		
Level of affection		
Overall satisfaction level		