

# Relationship Clarification Worksheet

1. What do you appreciate most about your partner and your relationship?

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2. What are your partner's strengths?

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3. What are your own strengths in the relationship?

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4. What are the most significant challenges you face together?

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5. How do you typically communicate with your partner? (e.g., face-to-face, text, phone calls)

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6. How effective do you feel your communication is?

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7. What topics are difficult for you to discuss with your partner?

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8. How do you handle conflicts or disagreements?

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9. What are your shared values and beliefs?

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10. What long-term goals do you both share?

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11. Are there any goals or values where you differ significantly? How do you manage these differences?

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12. How do you express love and affection to your partner?

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13. How does your partner express love and affection to you?

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14. What are your hopes and dreams for the future of your relationship?

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15. What steps can you take together to achieve these goals?

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16. What are three things you can do to improve your relationship?

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17. What support do you need from your partner to work on these improvements?

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