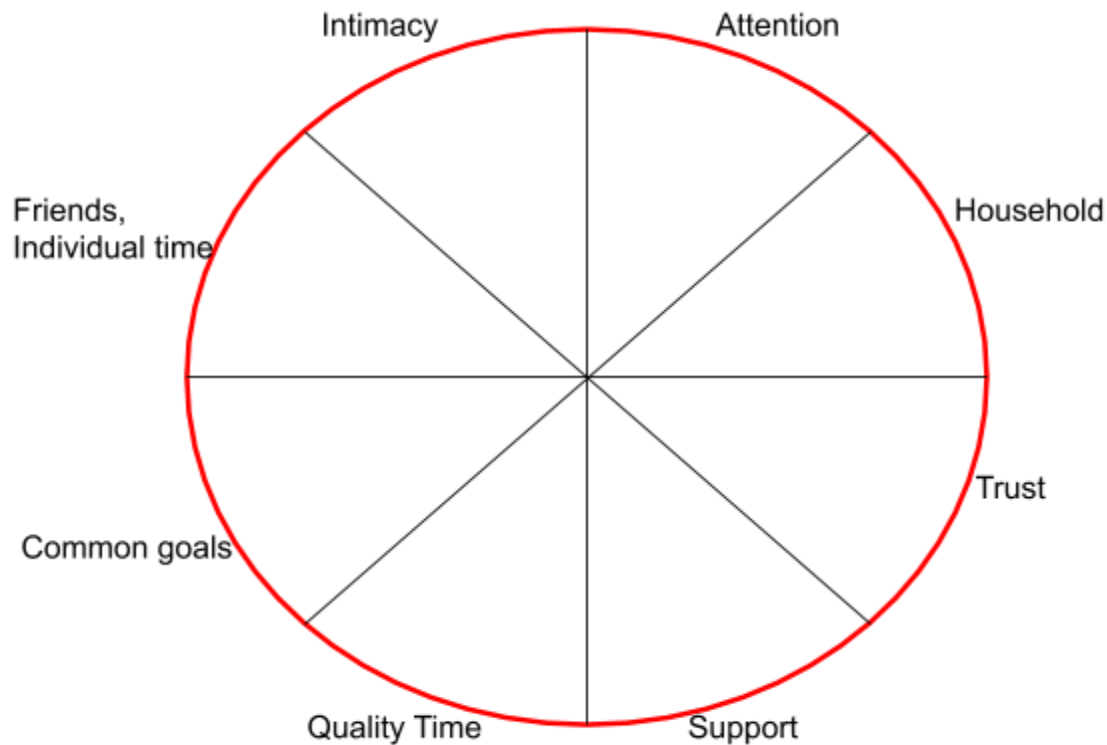


THE RELATIONSHIP WHEEL



Instructions for Completing the Wheel

Give yourself a score of 1 to 10 depending on how satisfied you currently are in relation to each area on the wheel where 1 is pretty much as unhappy as you can be whereas 10 is the perfect score. As you score each area it is vital to be honest so that you can identify the areas for change and set goals to improve the key areas of your life.

Please remember - this is your own wheel, not your partner's, so don't put a score what you think your other half would think of. It is about scoring your own satisfaction with every aspect of a relationship.

When you have scored all areas join the points on each section to draw a wheel. This will show you how balanced overall your life is and the areas you really need to focus on and set goals for improvement.

After you have completed the wheel put a date on it and then review it at least every 6 months.

Attention

Everyone wants to be loved and here my question to you is: do you feel loved by your partner? Even though there are 5 Love Languages and he might not "speak" your language just yet, - do you get enough of love and affection from your partner the way you like it?

What would be your one-step to improve the situation?

Household

Often people separate either because of arguments about finances or because of opposite views and standards. Household plays an enormous part in everyone's life and if you are not matching each other - what a surprise you argue! By household, I mean cleanliness, house chores, duties. How satisfied are you with the way you two represent a team. Are you a team at all or is it just one of you doing that all?

What would be your one-step to improve the situation?

Trust

Lack of trust ruined so many relationships! Do you trust your partner? And if you don't, is it coming from your past relationships? Did someone cheat on you or let you down? Or maybe your partner was unfaithful and that is the reason for lack of trust?

What would be your one-step to improve the situation?

Support

Do you feel like you are a rock for each other with your partner? Do you feel or receive support, whether it is verbal or practical?

What would be your one-step to improve the situation?

Quality time

Nowadays we have quite limited time to spend together and often, being very different partners struggle to establish what is actually quality time. Whether it is watching television or going out for a walk or maybe travelling around the world, please be honest with yourself now and score how satisfied are you with the quality time you have with your partner

What would be your one-step to improve the situation?

Common goals (or interests)

Every relationship needs common goals or at least interests. It's not easy to come up with something completely brand-new when you never had to do it before, but think about the last 12 months: did you work on a common goal? Or did you do anything together? Quality time and common goals are connected together. Without common goals often it's very hard to see the future. How satisfied are you with interests and common goals?

What would be your one-step to improve the situation?

Friends and individual time

Relationship is not only about being next to each other all the time. It is also about having your own time with your own friends and doing your own things. When you spend too much time together - you end up not even missing each other; therefore a healthy amount of individual time outside of relationship is really, really important. How satisfied are you with your individual time in your relationships?

What would be your one-step to improve the situation?

Intimacy

Good and healthy intimacy is key to a happy relationship. It is not about how experienced your partner is, but more are you happy with the amount of intimacy you have, the way it is and very often that includes even the look of your partner. Be very honest with yourself here: how satisfied are you with the intimacy in your relationships?

What would be your one-step to improve the situation?