

****Relationship Evaluation Checklist****

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****1. Communication****

- **Openness:**** Are both partners freely sharing their feelings and concerns?
- **Listening:**** Do both partners feel truly heard and understood when expressing themselves?
- **Feedback:**** Are there mechanisms for giving and receiving constructive feedback?

****2. Trust and Security****

- **Reliability:**** Can both partners count on each other in times of need?
- **Transparency:**** Are there any secrets or behaviors that undermine trust?
- **Safety:**** Do both partners feel emotionally and physically safe in the relationship?

****3. Intimacy and Connection****

- **Physical connection:**** Are both partners satisfied with their level of physical intimacy?
- **Emotional bond:**** Do you feel emotionally connected and understood?
- **Time spent:**** Are you dedicating enough quality time for each other?

****4. Personal Growth and Support****

- **Individual aspirations:**** Do both partners feel supported in their personal goals and dreams?

- **Growth as a couple:**** Is the relationship evolving in a way that feels positive and growth-oriented?
- **Compromises:**** Are sacrifices and compromises made equitably?

****5. Conflict Resolution****

- **Recent conflicts:**** Were recent conflicts resolved in a constructive manner?
- **Underlying issues:**** Are there unresolved issues or repeated patterns of conflict?
- **Apologies and amends:**** Are mistakes acknowledged and efforts made to rectify them?

****6. Shared Responsibilities****

- **Chores and duties:**** Are household or family responsibilities shared equitably?
- **Decision-making:**** Do both partners feel they have an equal say in decisions?
- **Financial balance:**** Are financial responsibilities and benefits shared in a way that feels fair?

****7. Future Planning****

- **Alignment of goals:**** Are both partners on the same page regarding future aspirations?
- **Children and family:**** If relevant, are there shared views on family planning and parenting?
- **Career and relocation:**** Are both partners' career aspirations and potential relocations considered?

****8. Shared Experiences and Activities****

- **Shared hobbies:**** Do you engage in activities that both enjoy together?
- **Individual activities:**** Are both partners encouraged to pursue individual interests?
- **New experiences:**** Are you open to exploring new activities or places together?

****9. External Influences****

- **Friendships:**** How do individual friendships and social circles influence the relationship?
- **Family:**** Are there any family dynamics or issues that impact the relationship?
- **Work and external stress:**** How do outside stresses, like work, impact the relationship?

****10. Overall Satisfaction****

- **Fulfillment:**** On a scale of 1-10, how fulfilled do you feel in the relationship?
- **Areas of improvement:**** What specific areas can be improved upon?
- **Best moments:**** What are the recent highlights or moments of joy in the relationship?

****Note:**** This checklist serves as a guide for reflective conversations. It's essential to approach these evaluations with an open heart and mind, ready to listen, understand, and act upon the insights gained. Remember, every relationship has its unique dynamics; use this tool as a starting point and tailor it to your unique bond.