

A Self Evaluation Tool to Assess Your Participation in Your Relationship

Areas of improvement		Rate yourself before	Rate yourself after
Communication	I use "I" statements. I ask questions and do not make assumptions.		
Love	Think of love as a verb. What actionable things have you done?		
Nurturing	What have you said or done this week that has supported or fed your relationship? In words, actions, touch?		
Vulnerability	Have you let your partner in? Have you shared the real you with them?		
Risk taking	When was the last time you invited your partner to try something new?		
Safety	What have you done to create a sense of security between the two of you?		
Add your own			
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