

Instructions - Complete this worksheet separately, then share your answers with each other.

Relationship WORKSHEET

Are you feeling loved, valued, and understood lately? If not, what can your partner do differently?

What are the two things that can be challenging for you about your partner?

1

2

What's one thing you feel is missing from your relationship? If yes how can you work together with your partner to achieve that?

Are there any moments where you have felt like you are not a priority in your relationship?



What specific words or actions from your partner trigger strong emotions in you, and how do you typically respond to these triggers?
