

Your Relationship: Looking Backwards

You can do this exercise for the last day, week or month, whichever you prefer. Look back over the last 24 hours (or last week or month), and reflect a) on the values-guided actions you have taken and b) actions you have taken that were inconsistent with those values. Which actions enhanced and enriched your relationship? Which actions had the opposite effect? (Note: there is no such thing as a “right” or “wrong” value. The left hand column contains common values that many couples share, but these may not be your values, so rewrite them as you wish.)

Relationship Values	Values- guided actions	Values-inconsistent actions
Connection		
Caring		
Contribution		
Respect		
Fairness		
Acceptance		
Assertiveness		
Sensuality		
Sexuality		
Having fun		
Kindness		
Teamwork		
Support/encouragement		
Trust		
Honesty		

Your Relationship: Moving Forwards

You can do this exercise for the last day, week or month, whichever you prefer. Look ahead to the next 24 hours (or week or month), and reflect a) on the values-guided actions you could take and b) actions that you could take that would be inconsistent with those values. Which actions would be likely to enhance and enrich your relationship? Which actions would be likely to have the opposite effect? (Note: there is no such thing as a “right” or “wrong” value. The left hand column contains common values that many couples share, but if these are not your values, please rewrite them.)

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