

GRADE YOUR RELATIONSHIP

A B C D F

- Trust
- Availability
- Ability to be direct with each other
- Closeness and affection
- Creative problem solving
- Spontaneity, playfulness & fun
- Communication
- Enthusiasm & Energy
- Sexual Satisfaction
- Shared Values

CHECK THE ITEMS YOU AGREE WITH

My relationship would be more interesting and satisfying if...

- We spent more time together
- We spent more intimate, uninterrupted time together
- We learned how to be more understanding of each other
- We had more fun together
- We expanded our interests and activities



RATE THE FOLLOWING

- | very true | some what true | false | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I don't feel as much a part of his/her life as I'd like to |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have to be careful about what I say |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | He/she holds back with me |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have a problem he/she couldn't handle |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Our relationship could be more challenging and meaningful if he/she knew more about how I feel |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | As parents we are a good team |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | We handle conflict and disagreements well |

IN YOUR WORDS

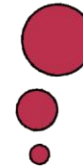
My relationship would be better and more effective if I...

My goals for in being in relationship would be better served if my partner...

THE COUPLES REPORT CARD

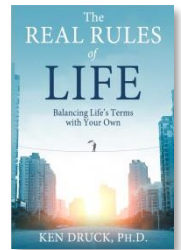
In Dr. Ken Druck's book, *The Real Rules of Life*, Ken talks about self-worth and the currency of love. Real value comes from the people in your life. The way you cash in on that value is by cultivating your heart and your relationships.

The purpose of this report card is to learn more about how your primary relationship (current or future) can improve. The results depend on your willingness to be completely open and honest.



This tool is intended to build bridges of insight and understanding, not as a weapon to judge or hurt yourself or someone else.

*To learn more about the real value in your lives, read Ken's chapter on "real value has no dollar signs" in the *Real Rules of Life*.*



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