

## Relationship Qualities Worksheet

When couples spend a lot of time in conflict, they tend to forget the strengths and the positives in their relationship.

Use the following questions to build a bank of positive feelings and a list of activities to re-visit as a couple:

Question	Answer
We like doing....?	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> </ol>
We are most happy when...?	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> </ol>
We have the following in common...	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> </ol>
As a couple, we are good at...	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> </ol>

The goals we share for the future...	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li></ol>
We would like do/go to/ experience ...	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li></ol>

Dr. Jeremy Sutton