**AREA IN RELATIONSHIP:**

**How often do problems arise here?** never once in a blue moon once or twice a year every few months at least monthly weekly

**How intense can these problems get?** very low level irritations arguments big arguments ultimatums or separations

**How hard is it for me to bring up** easy so-so need to lead into it have to push myself to do it avoid it if I can avoid it at all costs

**talking** **about a problem in this area?**

**How satisfied am I with how things in** it’s great really good mostly good OK I can live with it not good increasingly hard to take near a crisis

**this area are working in the relationship?**

What I’d prefer to happen here is:

What I think they’d prefer to happen here is:

What I think we agreed to happen is:

What usually actually happens is:

One thing we both do well here is:

One thing I appreciate them doing here is:

An issue of mine that sometimes gets in the way here is:

The reason for me having that issue is:

They might (or do) have an issue in this area. It’s:

The reason for them having that issue is:

If I was responsible for improving things in this area and could make whatever I decided happen, this is what I’d do

Here’s how I would rank my top 4 feelings I have about this area in our relationship (rank 1-4, with 1 highest)

 \_\_\_\_\_\_ ANGER \_\_\_\_\_\_ SADNESS \_\_\_\_\_\_ FRUSTRATION \_\_\_\_\_\_ RESIGNATION \_\_\_\_\_\_GRIEF \_\_\_\_\_\_HAPPINESS \_\_\_\_\_\_ PASSION \_\_\_\_\_\_ JOY \_\_\_\_\_\_ SATISFACTION \_\_\_\_\_\_APPRECIATION \_\_\_\_\_\_ APATHY \_\_\_\_\_\_ LONELINESS \_\_\_\_\_\_ HOPEFULNESS \_\_\_\_\_\_ BITTERNESS \_\_\_\_\_\_HOPELESSNESS \_\_\_\_\_\_ FATIGUE

Do we get into recurring impasses about things here? If so, what?

Do we get into power struggles here? Who takes the more extremes when we do?

Do we both feel we can share in initiating any of the choices here, or are there some that one person or the other is in control of?

Is there anything from the past that still gets brought up in this area, or that I’m afraid will be brought up, or that I want to bring up but don’t know how?