



COUPLES ASSESSMENT WHEEL

This assessment contains 15 areas that, together are one way of describing the life of your relationship as a whole. This exercise measures your level of satisfaction and range of expression during this snapshot of time.

As you work through this assessment, you will find areas where you can acknowledge yourself for the success you have created and areas where you may want to improve.

INSTRUCTIONS: Each of you will create your own wheel individually and then come together to share your responses. Rank each of the statements below on a scale from 1 (Highly Disagree) to 10 (Highly Agree), then total your average score for each category. Use the wheel on the final page to plot you and your partner's average scores for each category and consider that questions that follow as guides for reflection, discussion, and a way to form your shared coaching objectives.

ACKNOWLEDGEMENT (1 of 15)	
I feel valued in our relationship.	
I am appropriately affirmed and celebrated for the work that I do and contributions that I make.	
I acknowledge and appreciate my partner in meaningful ways.	
I take time to celebrate our accomplishments and growth.	
I see my partner clearly and feel seen in return.	
Total Score	

CONNECTION (2 of 15)	
I feel that we engage together in meaningful work.	
I feel vibrant and alive when we are together.	
I look forward to the time we get to spend together.	
I cultivate deep trust in our relationship.	
There is no doubt in my mind that my partner's desire is to remain committed to strengthening our connection.	
Total Score	

EMPOWERMENT (3 of 15)	
I have energy at the end of each day to attend to my partner.	
I have energy at the end of each day to attend to my own needs and interests.	
I design effective friendships/alliances with others that support and strengthen our relationship.	
I empower living at choice in myself.	
I support my partner's freedom to live at choice.	
Total Score	

COMMUNICATION (4 of 15)	
I communicate clearly with my partner.	
I am thoughtful about the impact of my communication.	
A value listening as much as I do speaking.	
I make direct requests rather than communicating requests cryptically or through complaint.	
I communicate honestly about hard/uncomfortable things in a manner that invites collaborative problem-solving rather than assigns blame.	
Total Score	

CREATIVE EXPRESSION (5 of 15)	
I feel I make a unique contribution to our relationship that is valuable.	
I feel comfortable expressing the uniqueness of my personality, sexuality, and style in our relationship.	
My partner honors my unique challenges, limitations, and boundaries and I honor theirs.	
I have opportunities to engage my strengths every day in our relationship.	
I give and receive creative bids for connection from my partner regularly.	
Total Score	

RELIABILITY (6 of 15)	
I do what I say when I say I will do it.	
I am reliable and consistent in my communication and behavior.	
I use my influence in our relationship to impact the success of my partner and their goals.	
I accept responsibility for my successes and failures.	
When I realize I have wronged my partner, I apologize and seek to repair the harm I have done quickly without rationalizing my behavior.	
Total Score	

GROWTH (7 of 15)	
I take responsibility for my personal growth.	
I use the circumstances that occur in our relationship as an opportunity to grow.	
I look for ways to expand or strengthen my responsibilities in our family.	
I feel that my partner is my champion and encourages my development.	
I invest time, energy, and resources to care for myself as an individual as well as our relationship as a whole.	
Total Score	

CLIMATE (8 of 15)	
The shared routines, rhythms and commitments of our relationship align with my personal values.	
We work together to nurture our children (or others that are in our care) in their growth and development.	
I feel nourished and supported when I am at home.	
I intentionally cultivate a positive and safe space for my partner.	
I feel safe and at choice in the space my partner cultivates for me.	
Total Score	

PHYSICAL ENVIRONMENT (9 of 15)	
I create a physical environment that supports our relationship rather than adding unnecessary concern or stress.	
I am surrounded by things I love and that have meaning to me.	
The level of cleanliness and order in my surroundings is meets my needs well.	
My wardrobe is a clear expression of who I am. I love being in the clothes that I wear.	
The arrangement of our belongings and design of our home is functional and expresses our shared values.	
Total Score	

RECREATION & REST (10 of 15)	
I regularly take the time I need to experience play, adventure, and leisure. I make sure my partner can do the same.	
I know what activities renew and bring me alive and I participate in them regularly. I make sure my partner can do the same.	
I create plenty of space in our lives so we can relax and enjoy ourselves and others.	
We have established boundaries that honor our shared energetic capacity.	
I create fun for myself and my partner.	
Total Score	

HEALTH & WELLBEING (11 of 15)	
We both have the resources we need to care for our health and well-being.	
We approach our health in a proactive and generative way, rather than crisis management mode.	
I have systems and structures in place that allow me to maintain my health and well-being with a sense of ease.	
I am conscious of my body and fitness level and take responsibility for my physical well-being.	
I am satisfied with my level of vitality and well-being and support my partner in theirs.	
Total Score	

ROMANCE & SEXUALITY (12 of 15)	
I express my openness to creating an intimate, loving relationship and actively creating regular romantic experiences in our relationship.	
I am free from past resentments, shame, or blame related to my romantic and sexual experiences.	
I am willing to take risks for the sake of intimacy with my partner.	
My sex life is fulfilling.	
I enthusiastically approve of the boundaries, frequency, preferences, and passion in our sexual encounters.	
Total Score	

FINANCIAL RESOURCES (13 of 15)	
We have the financial resources to do the things we want to do and accomplish the things that are important to us.	
We manage our resources, financial responsibilities and records well.	
I am free from worry and anxiety about money.	
Our future feels robust and sustainable.	
We financially invest in our relationship through gifts and meaningful experiences regularly.	
Total Score	

ADDITIONAL FAMILY (14 of 15)	
I am satisfied with the level of contact I have with my family of origin and my partner's family of origin.	
I feel at choice around the information and experiences I share with additional family members.	
I am satisfied with the role I play and the contribution I have in my family, my partner's family, and the family we are choosing to create together.	
I feel valued and supported by my partner's family members.	
I have created the experience of family in my life, whether or not it is with my biological relatives.	
Total Score	

SPIRITUALITY (15 of 15)	
I have a beliefs that sustain me in difficult life circumstances.	
I engage in spiritual practices with consistency and regularity (prayer, mediation, embodied ritual, reading/writing, etc.)	
I am engaged and invested in my partner's spiritual life.	
We regularly connect with a spiritual community that satisfies us and stimulates our growth and development.	
I am satisfied with the level of spiritual engagement and exploration that occurs in our relationship.	
Total Score	

SUMMARY

To get a snapshot of your relationship, transfer your total scores from the previous pages and follow the instructions to calculate each categories' score. Add your scores to each category on the wheel in one color and your partner's category scores in another color.

Divide each categories' total score by five and multiply by two to calculate your score for the wheel below.

Questions

In which areas do you most want to increase positivity in your relationship?

In which areas do you most want to decrease negativity in your relationship?

What's missing or not working for you?

What would you like to create?

What do you need to ask for from your partner?

Category	Total	÷ 5 and x2
Acknowledgement		
Connection		
Empowerment		
Communication		
Creative Expression		
Reliability		
Growth		
Climate		
Physical Environment		
Recreation & Rest		
Healthy & Well-Being		
Romance & Sexuality		
Financial Resources		
Additional Family		
Spirituality		



