



THE MINDFUL LIFE COACH UK

Relationship Inventory

Completing a relationship inventory offers invaluable insights into the dynamics of a romantic partnership. By systematically assessing various aspects of the relationship—such as communication, trust, emotional support, and shared goals—partners can gain a clearer understanding of both strengths and areas needing improvement. This process encourages open dialogue, fosters self-awareness, and promotes mutual understanding, making it easier to address issues before they escalate. Additionally, it helps partners align their expectations, deepen their emotional connection, and create a stronger foundation for a lasting, fulfilling relationship.

Ultimately, a relationship inventory serves as a proactive tool for enhancing the health and longevity of the partnership.

The Exercise

(You can complete this alone or with your partner if they are open to it).

Step 1. Begin by scoring your level of satisfaction for each relationship quality/component from 1 (low) to 10 (high). Write a sentence to answer each of the sections – what's working well, your concerns, your partners concerns.

Step 2. Once complete, identify what the 3 areas of primary concern are, and brainstorm how can each of these be improved to promote a healthier, happier relationship? Identify actions you/your partner can start to take.

Step 3. After 2 weeks of taking new steps to nurture your relationship, review what is working well, what isn't, and what you can try moving forward to reduce your respective concerns and raise your levels of satisfaction.

**TO BE EFFECTIVE, THIS EXERCISE REQUIRES COMPLETE HONESTY, OWNERSHIP AND ACCOUNTABILITY –
THIS IS YOUR RELATIONSHIP & YOU ARE RESPONSIBLE FOR FIXING IT!**



Relationship Quality/Component	Satisfaction Score	What's working well?	Your Concern	Your Partners' Concern	Action Plan – how can satisfaction be improved?
1. Communication (<i>the ability to effectively exchange thoughts, feelings, information</i>).					
2. Trust (<i>confidence in each other's reliability and integrity</i>).					
3. Emotional Support (<i>extent to which partners provide comfort and encouragement</i>).					
4. Conflict Resolution (<i>how effectively conflicts are managed and resolved</i>).					
5. Physical Intimacy (<i>the presence and quality of physical affection, including sexual activity</i>).					
6. Shared Values (<i>alignment in core beliefs and life principles</i>).					



7. Commitment (<i>level of dedication to maintaining the relationship</i>).					
8. Mutual Respect (<i>valuing each other's opinions, feelings, and boundaries</i>).					
9. Quality Time (<i>amount and quality of time spent together</i>).					
10. Independence (<i>ability of each partner to maintain their individuality within the relationship</i>).					
11. Shared Interests (<i>common activities and hobbies that both partners enjoy</i>).					
12. Financial Management (<i>how finances are handled within the relationship</i>).					
13. Future Goals (<i>alignment of long-term goals and aspirations</i>).					



14. Social Integration <i>(involvement with friends, family, and social circles).</i>					
15. Forgiveness <i>(ability to forgive and move past mistakes).</i>					
16. Sexual Satisfaction <i>(fulfilment of sexual needs and desires).</i>					
17. Honesty <i>(openness and truthfulness between partners).</i>					
18. Role Expectations <i>(clarity and agreement on roles and responsibilities within the relationship).</i>					
19. Adaptability <i>(ability to adjust to changes and challenges in the relationship e.g. kids).</i>					
20. Emotional Intelligence <i>(understanding and managing emotions in oneself and in the partner).</i>					

Congratulations on completing your Relationship Inventory!



You've taken a significant step toward understanding and nurturing your most significant romantic connection, and that's something to be proud of. Because the path to everlasting love almost never runs smoothly...without regular reflection and communication, small issues can fester and grow into larger problems, leading to unresolved conflicts and misunderstandings. The absence of conscious effort to nurture the relationship can breed resentment, erode trust, and ultimately, jeopardize the relationship's stability. Without clear communication and mutual understanding, both partners may feel disconnected from each other's needs and desires, leading to feelings of loneliness and dissatisfaction. Taking stock regularly is essential to ensure that the relationship remains healthy, fulfilling, and resilient.

To support you further on your journey, we're excited to offer you a FREE Life Coaching Consultation. This session is designed to help you dive deeper into your insights, set meaningful goals, and empower you to create the fulfilling relationship you deserve. Take advantage of this opportunity to strengthen your connection and continue growing together. We look forward to supporting you every step of the way!


REQUEST A FREE LIFE COACHING CONSULTATION

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"Create a Life You Love, the Balance You Need, & the
Resilience to Weather Any Storm"

