

Cluff Counseling PLLC

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Strength and Growth Areas in Your Relationship

All couples have areas in their marriage that are strong, and areas that could use some work. Individually, take a minute and think about where your relationship is currently. Then, place an “X” by the top 3 growth areas and top 3 strength areas in your relationship. (Adapted from PREPARE/ENRICH couple assessment.)

| <u>Strength Areas</u> | <u>Growth Areas</u> | |
|-----------------------|---------------------|--|
| _____ | _____ | Realistic Attitudes About Marriage |
| _____ | _____ | Approval of Partner’s Behavior |
| _____ | _____ | Ease of Couple Communication |
| _____ | _____ | Ability to Resolve Couple Conflicts |
| _____ | _____ | Realistic Money Management |
| _____ | _____ | Compatible Leisure Attitudes |
| _____ | _____ | Compatible Sexual Attitudes |
| _____ | _____ | Attitudes About Children & Parenting |
| _____ | _____ | Adjustment to Family & Friends |
| _____ | _____ | Consensus on Roles & Responsibilities |
| _____ | _____ | Compatible Spiritual Beliefs & Practices |

Now share your responses with your partner. Notice where your responses were similar and where your responses differed. Be curious and open. Allow this exercise to create a dialogue, with your partner, where you both come away with a better understanding of where each sees the relationship. A therapist can support you in this dialogue, and help you further strengthen your growth areas.

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