

Your Relationship: Moving Forwards

You can do this exercise for the last day, week or month, whichever you prefer. Look ahead to the next 24 hours (or week or month), and reflect a) on the values-guided actions you could take and b) actions that you could take that would be inconsistent with those values. Which actions would be likely to enhance and enrich your relationship? Which actions would be likely to have the opposite effect? (Note: there is no such thing as a “right” or “wrong” value. The left hand column contains common values that many couples share, but if these are not your values, please rewrite them.)

| Relationship Values | Values- guided actions | Values-inconsistent actions |
|-----------------------|------------------------|-----------------------------|
| Connection | | |
| Caring | | |
| Contribution | | |
| Respect | | |
| Fairness | | |
| Acceptance | | |
| Assertiveness | | |
| Sensuality | | |
| Sexuality | | |
| Having fun | | |
| Kindness | | |
| Teamwork | | |
| Support/encouragement | | |
| Trust | | |
| Honesty | | |