

Give It One More Chance

Exercise E

Week 3

Print out the Sound Relationship House.

In which areas is your relationship strong?

In which areas does your relationship need work?



Note your observations and corresponding feelings.

On a Scale of 0 to 10 (10 is the highest), rate the current satisfaction level you experience in your relationship:

Emotional _____

Physical (affection) _____

Sexual _____

Intellectual _____

Spiritual _____

Friendship/Companionship _____

Recreational _____

Day-to-Day Living _____

Co-Parenting _____

Financial _____

TOTAL = _____

Note your observations and corresponding feelings.

Share with your partner if in a safe place emotionally to do so.

