



Couples Intrarpersonal Self-Care Questions

1. Do I believe in the value and virtue of the services I provide the community? Am I standing in my *right livelihood*?

2. Am I satisfied with the level of service I provide for the larger community? Where are my areas of growth? How I can raise the quality of my services and fine-tune my skills so that I might serve others more effectively?

3. Am I attending to the current needs within my partnership? Am I noticing the subtle ways in which my partner changes from day to day? How can I adapt to these changes to better serve the relationship's needs?

4. Am I satisfied with my health, nutrition, and self-care regimes? What routines can I establish or modify to better care for myself?

5. What details have I been missing in attending to larger, broad-scale aspects of my life?

6. In what areas of my life do I experience a sense of stagnation and lack of growth? Am I ready and willing to acknowledge these realities and take steps toward working on these areas?

7. How can I practice the art of self-forgiveness and self-compassion, relinquishing any extreme notions of perfection, while attending to these areas of self-improvement?

8. How does the awareness of my imperfections keep me swimming in negativity? What can I do to transform my self-critique into constructive steps forward?