

# Remembering Love

## Relationship Inventory Exercise

*The Relationship Inventory provides a structured way for couples to assess their relationship and foster meaningful conversations about how to strengthen their bond. The objective is to evaluate different aspects of the relationship and identify areas of strength and those needing improvement.*

*Rate each item on a scale of 1 to 5, with 1 being "very dissatisfied" and 5 being "very satisfied."*

<b>1. Communication:</b> How satisfied are you with the level of open and honest communication in your relationship? Can you express your needs and wants easily?	
<b>2. Conflict Resolution:</b> How effectively do you and your partner resolve conflicts? How well do you handle tense situations where you disagree?	
<b>3. Emotional Intimacy:</b> How connected do you feel with your partner emotionally? How well can you identify and express your feelings with each other?	
<b>4. Physical &amp; Sexual Intimacy:</b> How satisfied are you with the physical affection and sexual intimacy in your relationship?	
<b>5. Relationship Trust:</b> How much trust do you have that your partner is committed to you and the relationship? How easily can you let go of resentment over past mistakes?	
<b>6. Shared Goals and Values:</b> How aligned are you and your partner on important life goals for the future? Do you share a common set of ethics and values?	
<b>7. Quality Time:</b> How enjoyable and fulfilling is the time you spend together? How sufficient is the time you are spending together?	
<b>8. Support and Encouragement:</b> How well do you and your partner support and encourage each other's personal growth and aspirations? How much do you feel appreciated by your partner?	
<b>9. Household Responsibilities:</b> How satisfied are you with the division of household responsibilities? Do you easily pick up the slack when needed without complaint?	
<b>10. Financial Management:</b> How satisfied are you with how you and your partner manage finances?	
<b>11. Friendship and Fun:</b> How strong is the friendship aspect of your relationship? How much fun do you have together?	
<b>12. Growth and Adventure:</b> How much do you and your partner enjoy doing activities together as a couple? How much does your passion for new adventures overlap with each other?	

# Follow-up Exercise: Building A Shared Purpose Together

After completing the individual assessments, follow these steps:

1. **Compare Scores:** Share and compare scores with your partner, discussing any significant differences in perceptions. How do your personal values influence what you desire within a relationship?
2. **Identify Priorities:** Both partners circle the top three areas that are most important to you on the Relationship Inventory. Discuss where you have similarities between you? How do your differences show up in conflicts over priorities or choices?
3. **Set Goals:** Use this information to consider where you share common goals with each other, and where you may complement your partner's weaknesses. What does this information say about the reasons your partnership works? Where do you struggle?
4. **Bonus Activity:** Write a brief mission statement or create a logo representing your partnership together. Build excitement about ways that the two of you can bring your mission into reality!