

Remembering Love

Relational Assessment Worksheet

Name:

Date:

This worksheet is designed to help you reflect on key areas that influence your relationship such as communication patterns, attachment history, intimacy, and core beliefs about yourself and your partner. There are no right or wrong answers. Please respond openly and honestly.

Relationship Overview

1. How would you describe the current state of your relationship?
2. What patterns keep repeating that you're hoping to change?
3. If relational therapy was ultimately successful, what would have changed for you?

Relational Dynamics and Emotional Safety

4. How do you and your partner typically handle conflict or disagreements?
5. How does your partner respond when you raise a concern or need?
6. What do you imagine your partner might find challenging about being in relationship with you??
7. When do you feel the safest in your relationship?

8. When you feel hurt or triggered in your relationship, how do you typically respond (e.g., shutting down, getting angry, withdrawing, trying to fix it, etc.)?
9. Are there parts of yourself (thoughts, feelings, desires) you find hard to share with your partner? If so, why?

Intimacy and Sex

10. What does sex or physical intimacy mean to you?
11. How would you describe your sexual connection today? How has it changed over time?
12. Have there been any physical/emotional experiences (trauma, illness, shame, menopause) that affect your relationship with your body or sex?

Family of Origin and Attachment Influences

13. Who were your main caregivers growing up? What was your emotional relationship with them like?
14. What was your role in the family (hero, scapegoat, caretaker, etc.)?
15. How did you feel loved or cherished within your family?

16. How were you punished or corrected?

17. Were there things you felt you had to do—or be—to stay safe or loved?

18. Were there any significant losses, betrayals, or traumas that impacted you?

Inner Beliefs and Expectations

19. What does your inner critic say to you in moments of stress?

20. Are there beliefs about yourself that feel limiting?

21. What important messages have you received about sex, gender roles, or desire (from family, religion, culture)?

22. Is there anything else you'd like to share that might help me understand your relational or emotional world better?