

Name:

Date:

Can you forget what you think you know about managing relationships if new suggestions are put to you? (yes or no and why)

---

---

Can you decide to measure the quality of your relationship based on results instead of intentions or promises (yes or no and why)

---

---

Can you decide that you would rather be happy than right? (yes or no and why)

---

---

---

Can you stop playing the blame game and recognise that it is a new day? (yes or no and why)

---

---

---

Can you be willing to move your position on how you approach and engage your partner? (yes or no and why)

---

---

---

Can you be willing to get real and be honest with yourself about yourself, no matter how painful it is (yes or no and why)

---

---

---

Can you stop the denial and be completely, totally honest about the state of your current relationship? (yes or no and why)

---

---

---

**Equilibrium Health**

List the things your partner does that please you:

---

---

---

---

What would you like your partner to do more often?

---

---

---

What would your partner like you to do more often?

---

---

---

---

How do you contribute to difficulties in the relationship?

---

---

---

What are your goals for this relationship and what do you hope to accomplish?

---

---

---

---

Comments: \_\_\_\_\_

---

©dr phil, relationship rescue

**Equilibrium Health**

21 Labrador Street LABRADOR QLD 4215 phone: 07 5528 2255 fax: 07 5528 2250  
email: admin@equilibriumhealthgc.com.au