# REbuilding RELATIONSHIP FOUNDATIONS

* This tool is to help you identify your strengths, weaknesses, and any changes you (individually) feel are required to help resolve issues and enhance your relationship.
* This worksheet is to be (initially) completed alone by each individual participating in this exercise.
* Ensure that you are alone and will have at least 20-minutes to spare without being interrupted.
* Try to be as open and honest with yourself as possible when giving your answers.
* Between you, agree on a timeframe for this initial step to be completed by all. A few days will likely be more effective towards your desired goals being me as it offers more time for all to explore various aspects of your relationship, both positive and negative.
* On the date previously agreed, share your completed worksheets. Taking time to communicate, actively listening to one another without interrupting, and being true to yourself throughout is essential here. Discuss, respectfully, the reasons behind each point that you have individually identified as being of importance to you, in the hope to repair your relationship.
* Be sure not to give any negative comments, or attempt to disagree with the other's wishes, as this will result in their conscious efforts feeling rejected.
* This next step does not need to be actioned on this same day but within one week from it. Taking both individual worksheets into account, you are now to work together to create a new worksheet - from your perspectives as a couple. Coming to agree on the 5 most important areas in need to build upon your relationship will require compromise, attention, understanding and empathy.
* The original individual worksheets can, of course, be kept and used to help to achieve your personal goals, as these are likely to enhance your progress as a whole.
* Repeat these stages every 4 weeks, either adjusting these original goals or creating new ones, as and when progress/ goals are being achieved.



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|  | **STOP** | **DO LESS** | **KEEP DOING** | **DO MORE** | **START** |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |