

Spouse or partner relationship audit
What do you need to enhance your relationship?

I need to:

- 1) Achieve a more fulfilling and emotionally satisfying relationship with my partner
- 2) Recognize the patterns that trigger miscommunication
- 3) Learn new ways of communicating with my partner
- 4) Find workable solutions to problems and disagreements at home
- 5) Learn to take responsibility for my self-disclosure and communication
- 6) Be able to differentiate myself and become more independent
- 7) See if we have the potential for a committed long term relationship
- 8) Assert my preferences in my relationship with my partner
- 9) Learn how my past could intrude upon my relationship
- 10) Learn how to retain my individuality and still have emotional connection
- 11) Apply practical insights that will immediately benefit our relationship
- 12) Recognize the various patterns of intimacy avoidance
- 13) Learn to practice empathy
- 14) Gain understanding of what causes emotional gridlock
- 15) Recognize and deal more effectively with psychological games
- 16) Have the confidence to communicate my needs & desires to my partner
- 17) Enhance the passion in our relationship
- 18) Have deeper rapport in my relationship