

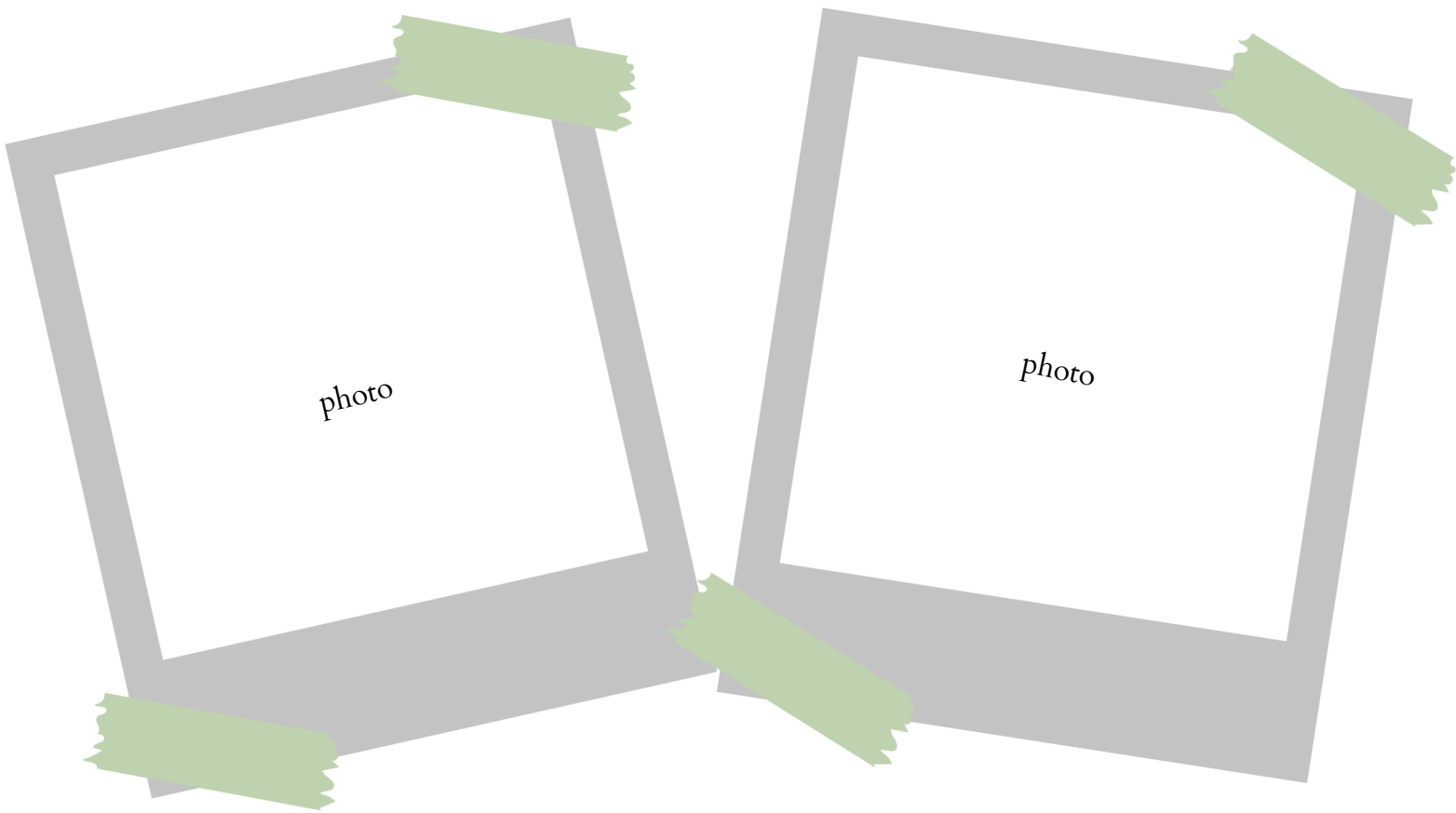


**COUPLES**



**RELATIONSHIP  
WORKBOOK**





NAMES

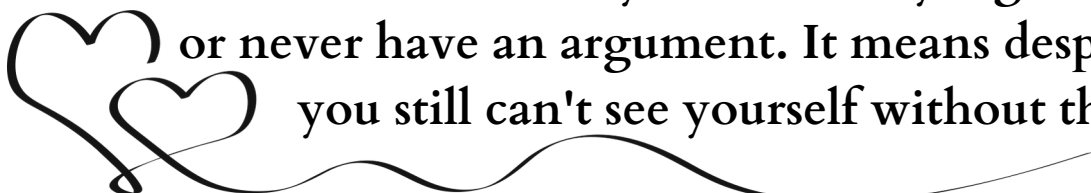
\_\_\_\_\_ ♥ \_\_\_\_\_

BIRTHDAYS

\_\_\_\_\_ ♥ \_\_\_\_\_

TOGETHER SINCE: \_\_\_\_\_

Love doesn't mean you will always agree, see eye to eye,  
or never have an argument. It means despite the bad days  
you still can't see yourself without that person.

A decorative graphic at the bottom of the page features two overlapping hearts on the left, drawn with a simple black outline. A long, wavy line extends from the bottom of the hearts across the width of the text.

# THE BASICS

Where did you and your partner meet?

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What was your first impression of your partner?

A: \_\_\_\_\_

B: \_\_\_\_\_

What did you like/love about your partner?

A: \_\_\_\_\_

B: \_\_\_\_\_

How did the relationship start?

A: \_\_\_\_\_

B: \_\_\_\_\_

# THE BASICS

Do you still like what you loved about your partner and why?

A: \_\_\_\_\_

\_\_\_\_\_

B: \_\_\_\_\_

\_\_\_\_\_

Do you feel the same way you felt for your partner at the beginning of the relationship?

A: \_\_\_\_\_

B: \_\_\_\_\_

How often do you think about your partner?

A: \_\_\_\_\_

B: \_\_\_\_\_

Are you positively affecting each other's life?

A: \_\_\_\_\_

B: \_\_\_\_\_

# THE BASICS

What was the best moment in your relationship so far?

A: \_\_\_\_\_

\_\_\_\_\_

B: \_\_\_\_\_

\_\_\_\_\_

Have you seen each other at your best and worst?

A: \_\_\_\_\_

B: \_\_\_\_\_

How do you show your love for each other?

A: \_\_\_\_\_

B: \_\_\_\_\_

Do you make sacrifices for your relationship?

A: \_\_\_\_\_

B: \_\_\_\_\_

# THE BASICS

Do you bring up arguments very often and why?

A: \_\_\_\_\_

\_\_\_\_\_

B: \_\_\_\_\_

\_\_\_\_\_

How serious are you both taking this relationship?

A: \_\_\_\_\_

B: \_\_\_\_\_

Do you forgive your partners mistakes easily?

A:(YES) or (NO)B:(YES) or (NO)

Can you recall the most romantic moment with this partner?

A: \_\_\_\_\_

\_\_\_\_\_

B: \_\_\_\_\_

\_\_\_\_\_

# ==== THE TRUTH ====

What can you do to improve your relationship?

A: \_\_\_\_\_

\_\_\_\_\_

B: \_\_\_\_\_

\_\_\_\_\_

How do you truly feel about your relationship?

A: \_\_\_\_\_

B: \_\_\_\_\_

Do you feel safe in your relationship ?

A:(YES) or (NO)B:(YES) or (NO)

Is jealousy a issue in your relationship?

A:(YES) or (NO)B:(YES) or (NO)

Are your expectations for each other in your relationship reasonable?

A:(YES) or (NO)B:(YES) or (NO)

Do arguments seem to come out of no where?

A:(YES) or (NO)B:(YES) or (NO)

# ══════════ THE TRUTH ══════════

How would you rate your communication within the relationship?

A: RATE 1-10 \_\_\_\_\_

B: RATE 1-10 \_\_\_\_\_

Where do you see your relationship in 10 years?

A: \_\_\_\_\_  
\_\_\_\_\_

B: \_\_\_\_\_  
\_\_\_\_\_

Do you feel comfortable bringing up your concerns in your relationship ?

A: (YES) or (NO)      B: (YES) or (NO)

Do you feel like you're an independent person?

A: (YES) or (NO)      B: (YES) or (NO)

Would you prefer more time alone?

A: (YES) or (NO)      B: (YES) or (NO)

# ══════════ THE TRUTH ══════════

You fell for your partner for reasons of social class .

A: (YES) or (NO)      B: (YES) or (NO)

You fell for your partner out of curiosity.

A: (YES) or (NO)      B: (YES) or (NO)

You fell for your partner because of great sex .

A: (YES) or (NO)      B: (YES) or (NO)

Do you feel proud to introduce your partner to other people?

A: (YES) or (NO)      B: (YES) or (NO)

Have you ever known better love?

A: (YES) or (NO)      B: (YES) or (NO)

You seem to repeat patterns formed in past relationships .

A: (YES) or (NO)      B: (YES) or (NO)

=====  
**ISSUES**  
=====

The rudest thing you ever said to your partner.

A: \_\_\_\_\_

B: \_\_\_\_\_

Do you take any form of abuse from your partner?

A:(YES) or (NO) B:(YES) or (NO)

If yes, what kind of abuse? Physical, Verbal or Emotional

A: \_\_\_\_\_

B: \_\_\_\_\_

You expect more from your partner.

A: (YES) or (NO)      B: (YES) or (NO)

The most dramatic moment in your relationship :

A: \_\_\_\_\_

\_\_\_\_\_

B: \_\_\_\_\_

\_\_\_\_\_

=====  
**ISSUES**  
=====

The greatest pain your partner has caused you :

A: \_\_\_\_\_

B: \_\_\_\_\_

What is commitment to you?

A: \_\_\_\_\_

\_\_\_\_\_

B: \_\_\_\_\_

\_\_\_\_\_

When you feel the need to assign blame, do you tend to blame yourself?

A: (YES) or (NO)      B: (YES) or (NO)

What's the craziest thing you've done in your relationship?

A: \_\_\_\_\_

\_\_\_\_\_

B: \_\_\_\_\_

\_\_\_\_\_

# RELATIONSHIP

## GOALS TO ACHIEVE

1. Make it through hard times together
2. Encourage one another's dreams
3. Have multiple relationships with the same person
4. Become the best versions of yourself
5. Fulfill a lifetime of vows and commitments
6. Learn to speak one another's love language
7. Build a history together
8. Learn what it means to truly put your partner first

# OUR GOALS

ACTION PLAN

30 DAYS

ACTION PLAN

60 DAYS

ACTION PLAN

90 DAYS



PLACES WE  
WANT TO TRAVEL

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# FAMILY TREE

GREAT GREAT  
GRANDFATHER

GREAT GREAT  
GRANDMOTHER

GREAT GREAT GREAT GREAT  
GRANDFATHER GRANDMOTHER



GREAT  
GRANDFATHER

GREAT  
GRANDMOTHER

GREAT  
GRANDFATHER

GREAT  
GRANDMOTHER

GRANDFATHER

GRANDMOTHER

GRANDMOTHER

GRANDFATHER



ME

FATHER

MOTHER

# FAMILY TREE

GREAT GREAT  
GRANDFATHER

GREAT GREAT  
GRANDMOTHER

GREAT GREAT GREAT GREAT  
GRANDFATHER GRANDMOTHER



GREAT  
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GRANDMOTHER



GRANDFATHER

GRANDMOTHER

GRANDMOTHER

GRANDFATHER



ME

FATHER

MOTHER