

My Relationship Report Card

Think about a significant other and grade your role in the relationship based on the criteria below.

A= Excellent B= Very Good C= Average D= Needs Improvement F= Help

Criteria	Effort	Achievement
I am comfortable with my partner.		
I communicate openly.		
I am trustworthy.		
I am respectful.		
I am honest.		
I have healthy conflict resolution skills.		
I have some independence.		
I am equitable.		
I can compromise.		
I take responsibility for my actions.		
I am emotionally intimate.		
I am physically intimate (appropriately).		
I am KIND.		
I listen to hear not just to respond.		
I listen for what the person is saying.		
I listen for what the person is feeling.		
I listen for what the underlying meaning might be.		
I identify and communicate my needs.		
I listen to the needs of important persons in my life.		
I communicate in "I" messages		
I am KIND!		

My commitment for improvement:

Signature: _____

Date: _____