



## Activity Assessing Relationship Strengths and Challenges

Step 1: Under the Self columns, read each statement and check the “S” box if you believe the statement represents one of your strengths. Check the “C” box if you believe the statement represents a challenge area for you. Under the Partner columns, read each statement and check the “S” box if you believe the statement represents an area of strength for your partner. Check the “C” box if you believe the statement represents a challenge area for your partner.

Strengths vs. Challenges	Self		Partner	
	S	C	S	C
I try not to always blame others when things go wrong.				
I consider myself to be a patient person.				
I like my physical appearance and therefore, I feel good about myself.				
When the possibility of conflict presents itself, I usually deal with it and I try not to avoid it.				
For the most part, I deem myself to be an organized person.				
Others can count on me to be dependable and trustworthy.				
I don't believe I live beyond my means nor do I overspend.				
I have found myself dealing with the fallout of legal issues stemming from drinking or drugs, aggressive behavior, sexual misconduct, or non-conforming behaviors.				
I have a lot of friends and believe people enjoy being around me.				
I don't always put my own needs above my partners.				
I'm usually good with kids and enjoy being around them.				
Most of the time I am a cheerful and positive person.				
I believe myself to be a good listener.				
Most of the time I try to look my best.				
I can see my future and have clear goals for getting there.				

Step 2:

Circle three challenge areas that you would like to work on. Then, circle three challenge areas you would like your partner to work on.

Step 3:

Once you have completed Step 2, exchange assessments with your partner. Together, agree on one of the three challenge areas circled that you can work on together and share the next steps you will take to do so. Your case manager can assist with some ideas or provide an appropriate referral if necessary.

Activity Take-Away:

It's no secret that we each bring a set of strengths and challenges to our relationship. Our attitudes and behaviors can help us feel safe, encourage personal growth, and maintain intimacy. They can also get in the way of both promoting and supporting these concepts.

If you are going to have the most positive experience in your relationship, you must minimize the challenges and work on what keeps you healthy, safe, and intimate. To do so, it's important to invest energy by learning positive relationship skills. With the practice of these skills, you will promote the development of a mutually satisfying and healthy relationship.