



Instructions: Assessing Relationship Strengths and Challenges

Step-by-Step Instructions:

1. Discuss the goal of this exercise. Review the Tips for Discussion section below to assist you with this dialogue.
2. Provide each participant with a copy of the Assessing Relationship Strengths and Challenges tool and ask them to complete steps 1-2.
3. When both participants have completed step 1-2, instruct them to exchange assessments and solicit their initial thoughts.
4. Ask both participants to complete step 3.
5. Upon completion of the exercise, review the Activity Take Away Section with the couple.

Tips for Discussion and Processing:

Case managers should emphasize that we all enter relationships with a set of strengths and challenges. Couples can learn to successfully manage these challenges through the development of relationship skills. This assessment is meant to provide insight into each participant's perception of their strengths and challenges. Case managers should encourage couples to be open to how they can learn from these identified challenges and avoid being judgmental of them in each other.

Note: Some areas of this assessment include sensitive information. Case managers should pay attention to body language, general comments, and other signs that may suggest discomfort with subject matter.

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Title: Instructions: Assessing Relationship Strengths and Challenges

Group Size: 10 to 50+; must be even numbered group as they will work in pairs

Time Needed: 20 minutes (discussion times vary)

Goal: To provide insight into each participant's perception of the strengths and challenges they bring to their relationship.

Audience: Couples

Special Considerations: If anyone is afraid to be blindfolded they do not have to participate in this activity. There also may be cultural concerns about blindfolding. This activity needs some advance planning and a site visit is probably in order so you can determine if the activity will take place inside the room or outside. With highly competitive groups this can get a little rowdy.

Resources Needed:

- Questionnaire – Assessing Relationship Strengths and Challenges
- Writing utensils

Tips for Discussion and Processing:

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