

Intimate Relationship Inventory

Whether you are in an intimate relationship, a friendship, are a parent or a co-worker, the relationships you have around you will affect and influence your happiness and success. The most influential relationship to our happiness, feelings of self worth, confidence, power and future success is our intimate relationship.

Our intimate relationship holds the keys to all we will become. If we choose a partner who is emotionally abusive, and we do not leave the relationship fast, like ripping off a band-aid, we will suffer in many ways. Our entire life will take a much different path away from true happiness and lasting trusting love.

If we choose a partner who is lazy, manipulative, dishonest, disrespectful, abusive or selfish, we doom our lives and the lives of our children, and close family members to drama, pain and a life less than what is ultimately possible.

If you find yourself in relationship with someone who you have found to be any of the above characteristics, first, I ask that you get them to the next Abolish Your Inner Saboteur event, secondly, take this inventory and then book a complimentary session with one of my Results Coaches to get a plan for you to regain your power and make some clear decisions. You may be in a place where you can reignite your relationship and bring it back to life, restore trust and respect and find love again. You may be at the place where you simply want to start over and do so without much damage to yourself, your partner, your family or your business.

This inventory will help you begin. Knowing the strength of your relationships and knowing your boundaries is crucial to moving forward in your own life with your own power, self confidence and respect.

Scoring: Give yourself the points below for your answers to each question.

- 1 - Never True
- 2 - Sometimes True
- 3 - Always True

1. I feel safe in my intimate relationship.
2. The relationship I am now in is not threatened by the need to have space and time to pursue our individual interests.
3. I believe there are feelings of trust and respect in my current relationship.
4. More times than not, each of us validate verbally the good within the other.
5. My partner meets my needs in ways where I feel loved and adored.
6. I meet my partners needs in ways they feel loved and adored.

7. We often speak kindly of the other when in conversations with others.
8. We speak kindly to each other and do not ever call each other names.
9. My partner has never called me a bad name or used foul, harsh or abusive language toward me.
10. I have never called my partner a bad name or spoken to them with foul language.
11. When expressing my concerns, I strive to speak from an "I" place as well as listen to and respect the "I" position of my partner.
12. Responsibility for household tasks is equally shared. I feel my partner equally carries their weight.
13. I feel respected when it comes to our finances and how we manage our household finances.
14. We have an agreed to budget that I trust and agree to.
15. I believe my partner to be financially responsible and trust him/her with our shared finances.
16. I believe my partner sees me as financially responsible and trusts me with our shared finances.
17. I am able to hold conversations with my partner about all topics without their being a blow up or uncomfortable result.
18. We spend time alone as a couple, sharing our individual thoughts and feelings and not talking about money, sex, work, family, or friends.
19. There is a joint agreement and each takes their own initiative to share our feelings when the time is right for both of us.
20. I strive to objectively observe and question the "who, what, when, where, and how" of my part in this relationship.
21. There is a commitment on my part to walk my talk and to not hide my feelings of anger, resentment, bitterness, and anxiety behind a smiling mask.
22. I find humor in the ups and downs of life and in the absurdity of daily happenings.
23. I am willing to experiment with change and question my beliefs, values, and principles.
24. I generally speak about my concerns and don't often make guarded assumptions or draw silent conclusions.
25. This relationship gives me positive memories and warm experiences to deposit in my memory bank.

26. I strive to be more true and honest about myself than critical and judgmental about this relationship.
27. Our intimate relationship brings me joy, love and satisfaction.
28. I feel safe with my partner to speak openly about our sex life, my wants and needs and am willing to also listen to his/her wants and needs.
29. I feel safe in all our intimate connections.
30. We find energy in our ability to communicate freely and openly.

Results

If you scored

99 - 80 - Congratulations! You have an extraordinary relationship! Your relationship is the example of love, honesty, and respect. Your relationship is a safe haven for you to grow, feel loved and supported. From this place you and your beloved will always find love. You can freely express your ideas and they can do the same. Your communication is outstanding. If you are in business together WOW this is a great partnership that with a few strategic tools to navigate rough waters will lead to ultimate success.

79 - 60 - Your relationship has a good chance of being all that you have always wanted it to be. With just a little work you and your partner will grow even closer, more trusting and the communication between you will open up and flourish. Strategic human communications tools that you can gain from our products, books and seminars can help you create a very solid foundation that will last a lifetime. If you are in business together you are probably silting your relationship away from business or vice versa. You want more. You desire more connection, more trust, more freedom of expression and to feel safer in your relationship.

59 - 30 - Your relationship needs some immediate work to be saved. If you really desire to be with this person out of love, trust, respect and adoration you must take immediate steps to rekindle the love and connection. If you do not feel safe, if there is abuse, if the communication in your relationship is not forthcoming, steps must be taken to help the relationship or you must find a way to end it without much damage to yourself, your partner or those around you. If you are in business together, it is not going well. Please take immediate action to bring energy, safety, and respect to the situation.

29 - 0 - This is not a relationship that is safe for you or honoring. All trust, respect and love you may feel at times is an illusion. You are kidding yourself that you are in an intimate relationship. Please take all steps to find a way out of this relationship so that there is no longer and abuse for you or your partner. This relationship is probably volatile, and dangerous. If you are in business together, or married and you fear the damage that leaving may cause your business, trust me, you can rebuild your business but you cannot, as easily, rebuild your psyche and your self worth. Your emotional, spiritual and mental selves are much more important to save and repair than the loss of money, a business or other relationships around you.

In all the above results, our team can help you either create and appreciate your deep and loving bond, rekindle the fire and passion in your relationship or help you plan your escape.

Please look into our products, books, seminars and videos to find more resources.

Our coaches are highly trained in relationship communications, therapies and counseling. Please reach out and find amazing results to set your life on a perfect path to love, happiness and success.