

# THE BALANCE WHEEL OF RELATIONSHIPS



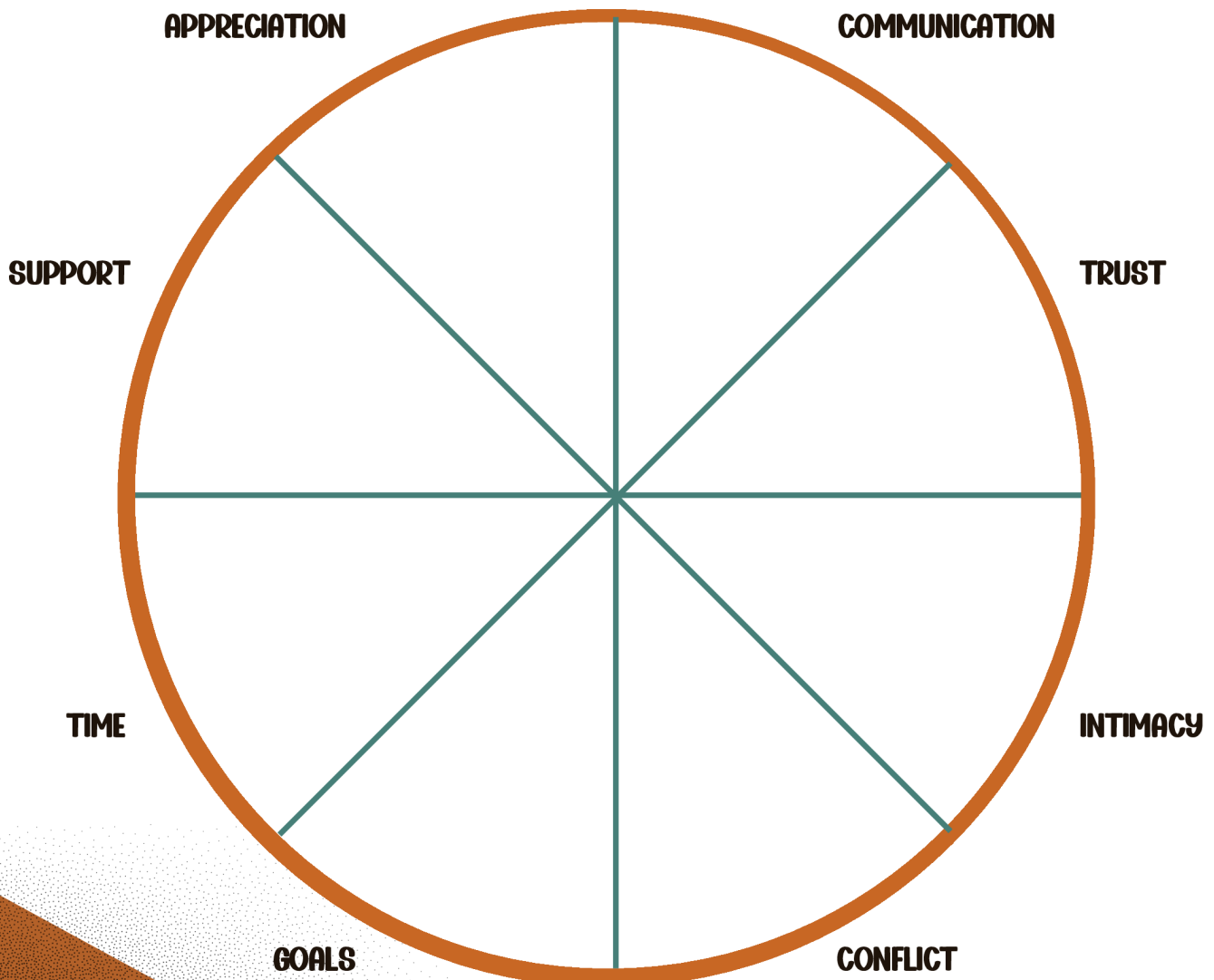
THE RELATIONSHIP BALANCE WHEEL HELPS US GET A BROADER VIEW BY STEPPING BACK AND EVALUATING DIFFERENT AREAS OF OUR RELATIONSHIPS. IT LETS US SEE THE BIGGER PICTURE AND IDENTIFY WHERE WE MIGHT WANT TO START MAKING SOME IMPROVEMENTS.

## TO START:

PRINT OFF A COPY OF THE WORKSHEET FOR BOTH OF YOU (OR GRAB A PAPER AND DRAW OUT YOUR WHEEL).

MAKE THE EVENING FUN, SET YOURSELVES UP IN A COMFY AND NEUTRAL PLACE WITHOUT DISTRACTIONS AND MAYBE EVEN INCLUDE YOUR FAVOURITE SNACK!

**IMPORTANT NOTE:** FOCUS ON SELF-REFLECTION, NOT YOUR PARTNER. CONSIDER HOW YOU CAN IMPROVE, RATHER THAN WHAT THEY SHOULD CHANGE. THIS CREATES POSITIVE, CONSTRUCTIVE PROGRESS.



**FOR EACH OF THE FOLLOWING SEGMENTS, TAKE THE NOTED POINTS INTO CONSIDERATION AND RATE THE SEGMENT ON A SCALE OF 0-10, MARKING A LINE ACROSS THE SEGMENT WHERE YOU THINK YOUR RATING WOULD SIT, WHERE 0 IS THE CENTRE POINT OF THE CIRCLE AND 10 IS THE OUTER LINE.**

**MAKE SURE TO READ THROUGH EACH POINT BEFORE RATING.**

**1)**

**COMMUNICATION:**

- How comfortable do you feel expressing your needs and desires in the relationship?
- Are you actively listening when your partner shares their thoughts or feelings?
- Do you feel heard and understood by your partner?
- How often do you find yourself holding back important thoughts or emotions?
- Are you open to feedback, even when it's difficult to hear?
- How do you think your partner feels about the way you communicate?
- How often do you use "we" language instead of "me" or "you" when discussing issues?

**2)**

**TRUST:**

- How confident are you in your partner's ability to follow through on their word?
- Do you feel secure in your partner's commitment to the relationship?
- How much do you trust yourself to be honest and transparent with your partner?
- Are there any past experiences or fears affecting your ability to trust fully?
- How often do you find yourself needing reassurance about your partner's intentions?
- Do you think your partner feels they can trust you completely?
- How would you react if your partner expressed doubt about your trustworthiness?

**3)**

**INTIMACY:**

- Do you feel emotionally close to your partner, and how often?
- How satisfied are you with the physical intimacy in your relationship?
- Are you comfortable initiating both emotional and physical connection?
- Do you feel your partner is receptive to your needs for closeness and affection?
- Are there unspoken barriers that limit your sense of intimacy?
- How do you think your partner feels about the level of intimacy in your relationship?
- How often do you share moments of vulnerability with your partner?

4)

**CONFLICT:**

- How do you typically feel during conflicts with your partner – defensive, open, or withdrawn?
- Do you find it easy to stay calm and constructive during disagreements?
- Are you comfortable admitting when you're wrong or made a mistake?
- How often do conflicts escalate instead of resolve quickly?
- How do you think your partner feels about the way conflicts are handled?
- Are you willing to compromise, even when it's difficult?
- Do you hold onto resentments, or are you able to forgive and move on?

5)

**GOALS:**

- Are you clear on your personal goals, and do you feel aligned with your partner's?
- How supportive do you feel in pursuing your individual dreams and aspirations?
- Do you actively discuss future plans and dreams with your partner?
- Are there areas where your goals and your partner's goals conflict?
- How do you think your partner feels about the goals you set together?
- How committed are you to helping your partner achieve their personal ambitions?
- Are you both flexible in adjusting your goals to accommodate each other's needs?

6)

**TIME:**

- How satisfied are you with the amount of quality time you spend together?
- Do you feel that you're prioritizing your partner enough in your daily life?
- Are there activities you enjoy doing together, and how often do they happen?
- How do you balance personal time with time spent as a couple?
- How do you think your partner feels about the current balance of time together and apart?
- Are you present and engaged when you spend time together, or are you distracted?
- Do you feel that your time together is meaningful and fulfilling?

7)

**SUPPORT:**

- How supported do you feel in your personal challenges and pursuits?
- Do you offer your partner encouragement and understanding during difficult times?
- Are there areas where you feel unsupported or misunderstood?
- Do you feel comfortable asking for help or support from your partner?
- How do you think your partner feels about the level of support they receive from you?
- Are you attentive to your partner's needs for comfort and reassurance?
- Do you make an effort to be there for your partner, even when it's inconvenient?

8)

### APPRECIATION:

- How often do you express gratitude and appreciation for your partner's efforts?
- Do you feel valued and appreciated by your partner?
- Are there things you take for granted that your partner does?
- How frequently do you acknowledge the little things your partner does for you?
- How do you think your partner feels about the level of appreciation shown?
- Are you aware of the ways your partner likes to be appreciated?
- Do you make an effort to show love and appreciation in the way that matters most to them?

**HOW'S YOUR RELATIONSHIP WHEEL LOOKING? IS IT BALANCED AND RUNNING SMOOTHLY, OR DOES IT HAVE SOME BUMPS?**

**IT'S NORMAL TO BE MORE SATISFIED WITH SOME PARTS OF YOUR RELATIONSHIP THAN OTHERS. FOR A FULFILLING CONNECTION, IT'S IMPORTANT TO ADDRESS AND NURTURE ALL ASPECTS. SINCE EVERYTHING AFFECTS EVERYTHING, IMPROVING ONE AREA CAN ENHANCE THE WHOLE RELATIONSHIP.**

**SO, LET'S IDENTIFY EITHER THE LOWEST-SCORING SEGMENT OR THE SEGMENT WITH THE MOST DISCREPANCIES IN IT BETWEEN THE TWO OF YOU. WHICH AREA WOULD YOU LIKE TO FOCUS ON?**

**KEEPING THIS AREA IN MIND, REFLECT ON THE FOLLOWING QUESTIONS.**

**\*\*SET A RULE TO TAKE A BRIEF BREAK IF EITHER PARTNER FEELS THE CONVERSATION IS BECOMING TOO INTENSE. USE THIS TIME TO COOL DOWN AND THEN RETURN TO THE DISCUSSION WITH A FOCUS ON UNDERSTANDING AND RESOLUTION. REMEMBER, THIS IS A FUN AND CONSTRUCTIVE ACTIVITY DESIGNED TO BRING YOU CLOSER TOGETHER AND STRENGTHEN YOUR RELATIONSHIP.**

1) How do you currently spend time together in this area of your relationship?

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2) How would you like to spend time together in this area(get specific)?

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3) What would a perfect score in this area look and feel like for both of you?

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**4)** What actions, decisions or conversations could you both take to achieve a perfect score in this area?

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**5)** Are there any specific challenges or obstacles are you currently facing in this area?

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**6)** How can you both create space for the changes you want to see in this aspect of your relationship? What is 5% ownership you can take in this space?

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**7)** Can you make these changes together, or do you need additional support? Who else can you both involve to support these changes?

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**8)** What are three small actions each of you can commit to this week to start improving this aspect of your relationship? (Name them)

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**9)** How can you celebrate small wins and progress together in this area? (plan it)

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**10)** How can you both support each other in making these changes?  
(let your partner know what you need)

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**CONGRATULATIONS** ON COMPLETING THE  
**BALANCE WHEEL OF RELATIONSHIPS!**