

# Relationship Inventory

Identifying what you want from a relationship is important for determining whether or not you are compatible with your partner. A relationship inventory involves considering the strengths and weaknesses in your relationship and how important different aspects of relationships are to you.

**Taking a relationship inventory can be a powerful tool to evaluate your relationship, and learn more about you and your partner's desires, fears, and needs.** Make a copy of this worksheet for your partner. After you've each filled them out, compare results and discuss.

## PART 1: Discovering Your Strengths & Weaknesses

Place a checkmark under strength or weakness for each item.

	Strength	Weakness
We agree on issues related to wanting and raising children		
We can discuss disagreements and resolve our differences		
We agree on financial matters		
We can share our feelings with one another		
We are comfortable discussing sexual issues		
We share similar religious or spiritual beliefs and values		
We have similar goals for the future		
We appreciate each other's personality and habits		
We each feel heard and valued in the relationship		
We share similar opinions on what constitutes cheating or crossing boundaries in our relationship		



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## PART 2: What I Want in a Relationship

Rank the following relationship desires by how important they are to you by placing a checkmark in the box.

I have a desire to...

LOW IMPORTANCE

HIGH IMPORTANCE

Feel connected through talking											
Feel connected through quality time together											
Receive verbal tenderness											
Receive physical tenderness											
Be touched non-sexually											
Have meaningful sex											
Know we'll stay together and feel secure											
Feel secure in finances											
Feel accepted and valued for who I am											
Feel accepted and valued for what I do											
Be included in most decisions that affect my life or marriage											
Know that he or she needs me											
Be supported in my spiritual life											
Be supported in my desire to give money/gifts to others											
Be supported in my desire to serve others											
Receive genuine praise and affirmation											
Be supported in my desire to have alone time											
Be supported in my desire to have alone time											



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## PART 3: What I Want From My Partner

Rank the following characteristics by how important it is that your partner have them by placing a checkmark in the box.

I have a desire for my partner to...

LOW IMPORTANCE

HIGH IMPORTANCE

Be faithful										
Apologize when they've done something hurtful										
Be romantic and intimate										
Believe in the importance of relationship equality										
Accept my advice										
Strive to resolve disagreements and differences with me										
Work together to cope with stress and crises										
Communicate feelings, both positive and negative										
Understand my personality										
Develop a plan with me for our future relationship										
Be emotionally healthy										
Agree to seek couples counseling if there are issues we can't resolve on our own										
Share important goals with me										
Want to maintain a deep connection with me										
Understand and respect my non-negotiable boundaries										
Have a similar love language										





# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**300+**  
Companies Reviewed



**2,350+**  
Hours of Firsthand Experience



**1,150+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

