



# Relationship CheckUp<sup>TM</sup>

*Disclaimer: This material is for informational and educational purposes and not professional advice. Please Complete this worksheet individually.*

(On a scale of 1 to 10, 1 being the lowest quality and 10 being the highest quality).



Right now do you feel trust or commitment in this relationship?

1 2 3 4 5 6 7 8 9 10



Does this relationship right now meet your needs or expectations?

1 2 3 4 5 6 7 8 9 10



Right now do you feel loved or feel intimacy in this relationship?

1 2 3 4 5 6 7 8 9 10



Do you feel supported or respected in this relationship right now?

1 2 3 4 5 6 7 8 9 10



Right now do you feel this relationship has hope and is improving?

1 2 3 4 5 6 7 8 9 10

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