

LIBERATING LOVE

RELATIONSHIP MASTERY



FREE RESOURCE

The Relationship Audit

THE RELATIONSHIP AUDIT

When you want to create some sort of change in your relationship you need clarity around two main things. You need clarity on your vision (where you're going) and you need clarity on where you currently are (the audit helps with that).

Often when we're experiencing relationship disconnect it can be a bit vague - which makes it hard to effectively implement changes that will help. This tool helps you get more specific about where you're at in the different aspects of your relationship and makes communicating about things much easier because you have something objective to work off.

It's a simple audit to check in on where you're at right now with a few of the relationship fundamentals. It's a process that you can fill out individually and then come together. It's something that is designed to be checked in every 3 months or so but you can also reflect on it monthly. This can be a really powerful tool for taking a snapshot of how things feel for you.

The idea is to be as objective and curious as possible, especially if there are differences in how you rate things and how your partner rates things. Remember, neither of you are right or wrong and if there are any big differences in perceived outcomes in the relationship this provides really fertile ground to come into more mutual understanding.

THE RELATIONSHIP AUDIT:

The categories below: (for all of these we are considering the relationship and how you are operating as a team, except vitality which is an individual check in).

- Communication: How well do you feel like you're communicating together?
- Intimacy (non-sexual): Feel into the amount and the quality of non-sexual intimacy that's been present recently.
- Intimacy (sexual): Feel into the amount and the quality of sexual intimacy that's been present recently.
- Vision/Purpose: How aligned do you feel with your relationship vision/purpose?
- Village/Community: How connected to and supported do you feel by your community/the people around you?
- Agreements/: How well have you, as a team, been living into your agreements. Do you even have clear agreements?
- Vitality: What's your energy levels and vitality been?
- Fun: How much fun have you been having?

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