



Relationship Values Exercise

You are going to choose, prioritize, and elaborate on your top Relationship Values.

Step #1) Choose the values that are vitally important to your happiness. Write them down on the worksheet.

Step #2) Conduct a rank-order prioritization by asking yourself, "Would I be in a relationship if I couldn't have this?"

Value #1) is most important and so on. Put each of your values in decreasing priority. Then whittle the list down to just four values that are your "must-haves."

Step #3) Visualize and explain what it would look, sound, and feel like if your partner was supporting your Relationship Values. What does each value mean to you specifically? How do you know when your value is being met? What are the indications that your value was met? What causes you to feel that value is manifested in everyday activities?

The more ideas and examples you can offer your partner about what it's like when your values are met, the more satisfaction you both receive.

These values are grouped in to 18 clusters of similar words. You will find that one of the words in the list most closely matches your sentiments.



Relationship Values Clusters

Achievement

Motivation
Perseverance
Excellence
Focus
Ambition

Growth

Learning
Determination
Originality

Familial Focus

Familial Care
Community

Contribution

Selflessness
Service
Philanthropy
Benevolence
Generosity

Communication

Honesty
Acceptance
Affirmation
Connection
Thoughtfulness
Forgiveness
Empathy
Empowerment
Mindfulness
Appreciation
Gratitude

Mastery

Proficiency
Self-Reliance
Smartness
Ability
Education
Expertise
Brilliance
Intelligence
Inventiveness
Knowledge
Depth

Inspiration
Skillfulness

Accomplishment

Prosperity
Affluence
Fame
Financial Security
Progressivism

Responsibility

Accountability
Significance
Impact
Dependability

Adventure

Excitement
Freedom
Independence
Non-Conformity
Activism
Playfulness
Recreation
Spontaneity
Variety
Curiosity

Charm

Sophistication
Discernment
Beauty
Popularity

Liveliness

Boldness
Courage
Confidence
Conviction
Intensity
Extroversion

Cheerfulness

Goodness
Optimism
Kindness
Joy
Laughter

Wonder

Happiness
Gratitude
Fulfillment

Passion

Affection
Care
Dedication
Friendship
Intimacy
Pleasure
Respect
Sensitivity
Sensuality
Sexuality
Warmth
Harmony
Presence
Companionship

Resourcefulness

Economy
Obedience
Thrift
Discipline
Orderliness
Authenticity
Awareness

Practicality

Moderation
Rationality
Contentment
Emotional Health
Serenity
Logic
Maturity

Faith

Grace
Compassion
Honor
Heroism
Consciousness
Devotion
Intuitiveness
Perceptiveness

Zen

Spirituality
Diplomacy
Tact

Flexibility

Open-mindedness
Ease
Flow

Patience

Resilience
Cooperation

Health

Fitness
Longevity
Stability
Traditionalism
Loyalty
Fidelity
Unity

Presence

Aliveness
Integrity
Trust
Reliability
Fairness

Acceptance

Affirmation
Encouragement
Belonging
Connection
Communication
Honesty

Thoughtfulness

Forgiveness
Empathy
Empowerment
Mindfulness
Appreciation
Gratitude

Relationship Magic Worksheet

3 Easy Steps

#1) Look through the list and write all the words on the list that are important to you in a relationship. Be choosy. You are only going to get to pick four. What do you want?

- **Humor** and daily giggles shared just between the two of you?
- A sense of **belonging**, as if you and your partner were an unstoppable team?
- Security. Health care. Insurance. All the odds and ends that give you **peace of mind**?
- **Kids** playing in the yard?
- The **independence** that allows you to get out every now and again on your own?
- A cuddle bug who spoons with you, and makes you feel **cherished and adored**?

Whatever your heart desires you should get from a loving partner who lives to satisfy you.





All My Values

#2) Now rank order the values above asking yourself,

"Would I be in a relationship if I could not have _____."

Rank ordering means you have to take two values and compare one to the other and the one you must have most – the one that is more important of the two. Keep doing that until you get your list down to four values.

My Top 4 Values

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REMEMBER: If you're already in a relationship, your partner also needs to complete this exercise. Bulletproof romances are equal parts giving and taking.



My Partner's Values

My Partner's Top 4 Values

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#3) Now that you have your four most important values, begin to write down specific ways your partner could deliver on this need for you. Make them as detailed as possible.

Specific Examples:

"It makes me feel secure when you get my door for me."

"I feel passion when you take a soapy shower with me."

Now you write yours:



My Relationship Values

Relationship Value #1: _____

Relationship Value #2: _____

Relationship Value #3: _____

Relationship Value #4: _____



My Partner's Relationship Values

My Partner's Relationship Value #1: _____

My Partner's Relationship Value #1: _____

My Partner's Relationship Value #1: _____

My Partner's Relationship Value #1: _____

