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

**Livelihood**
- 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

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#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

___  ___  ___  ___

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


#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: ____________________________________________________________

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Relationship Value #2: ____________________________________________________________

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Relationship Value #3: ____________________________________________________________

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Relationship Value #4: ____________________________________________________________

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My Partner’s Relationship Values

My Partner’s Relationship Value #1: ____________________________________________

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My Partner’s Relationship Value #1: ____________________________________________

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My Partner’s Relationship Value #1: ____________________________________________

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My Partner’s Relationship Value #1: ____________________________________________

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