

Relationship Clarification Questions

Romantic relationships can be a source of great joy *and* distress, sometimes leading to conflicting feelings. When you're unsure about something in your relationship—such as whether to make a big commitment, separate, or make some other change—it's helpful to take a step back and clarify your feelings.

Instructions: Reflect on the following questions, and then discuss or journal about your responses.

Beliefs, values, & goals

- How much do we each prioritize the relationship?
- To what degree do we have similar relationship goals?
- How well do we respect each other's differences?
- To what extent can we be our authentic selves?
- How compatible are our lifestyles?
- How much do we share important beliefs and values?
- To what degree do we find happiness in the relationship?

Family & social life

- To what extent do we have social networks outside the relationship?
- To what degree do we agree on family and friends' involvement in the relationship?
- How much do we agree on time spent together versus apart?
- How much do we agree on whether to have kids?
- To what extent do we have compatible parenting styles?
- How compatible are our views on work-life balance?

Communication

- To what degree can we be honest with one another?
- How often do we give and receive emotional support?
- To what extent can we address problems directly?
- How often can we resolve conflict together?
- How attentively do we listen to one another?
- How often do we have positive communication?
- To what extent do we feel understood by one another?

Intimacy

- How often do we express attraction to one another?
- How often do we express emotional affection?
- How often do we express physical affection?
- To what degree do we feel close to one another?
- How compatible are our sexual interests and needs?
- To what extent do we feel safe and secure with one another?