

Relationship Health Checker Tool

If you feel like issues within your relationship might be what's closing down your desire but are struggling to pinpoint what exactly is the problem, a relationship wellness wheel could be the answer.

They can be a super helpful tool to check how things are going in your relationship and what areas (if any) you feel might need some extra attention.

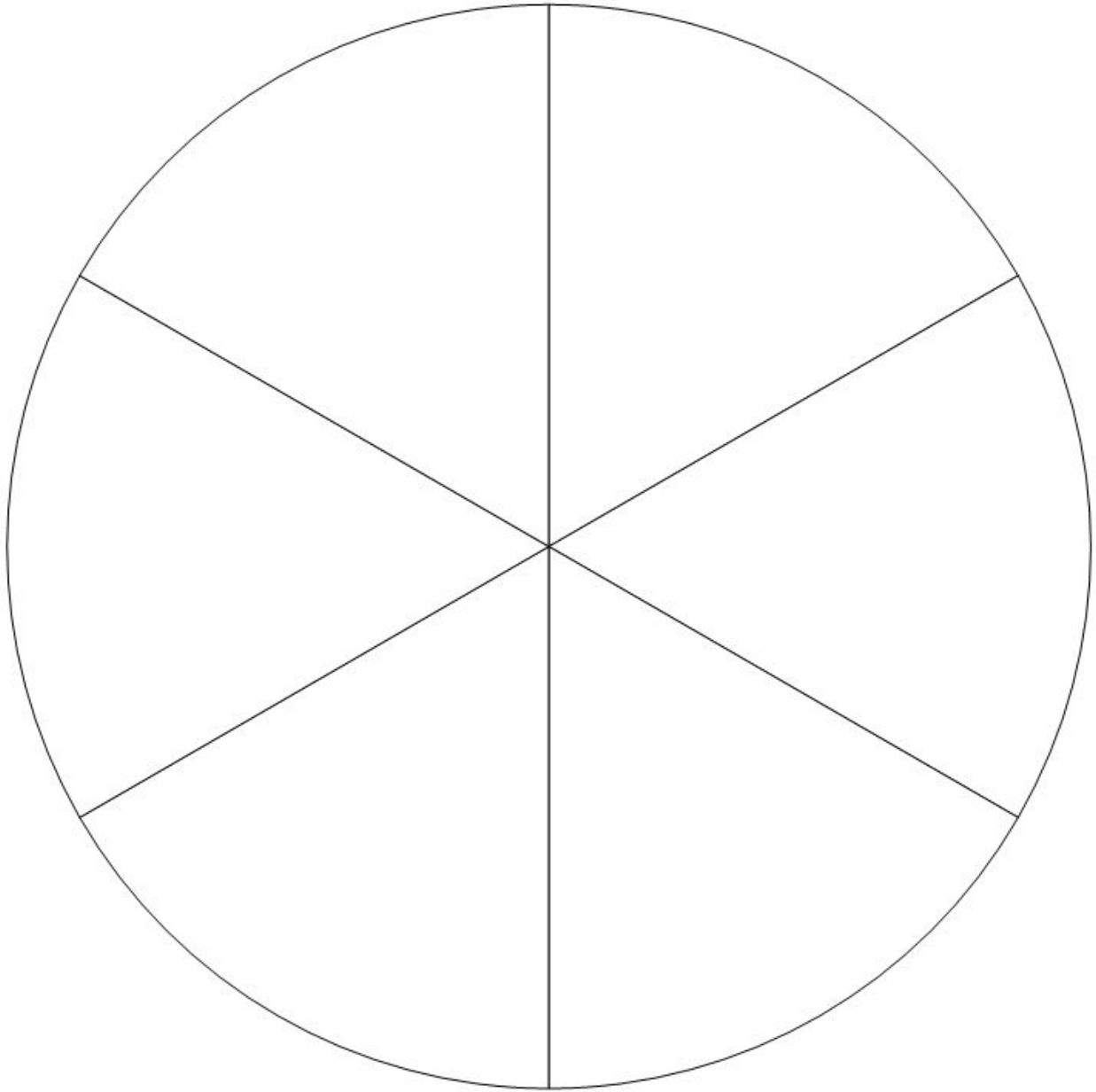
So, grab yourself a cup of tea and get comfy.

On the wheel of life below, label each of the six segments with one important quality you want to focus on within your relationship. Some ideas include...

- Honesty
- Love
- Communication
- Conflict
- Respect
- Intimacy/affection
- Trust
- Shared responsibilities
- Freedom
- Compromise/negotiation
- Sex
- Money
- Spontaneous fun

Then give each category a number out of ten on how satisfied you feel, and mark it on the wheel. 1 is the lowest (the center of the circle) and 10 is the highest (the outside of the circle). Then draw a line to connect each of the marks together to create a rather wonky circle.





The idea is that if every part of your relationship is fabulous, you'll have a full circle (who are these people?!). Most people will have a blob shape, with some parts that they feel more or less satisfied on.

How does your relationship look?



Reflection time.

What have you learned from doing the wheel exercise?

What do you want your relationship to look and feel like?

What needs to change to get your relationship to where you want it to be?

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