

Relationship Maintenance Worksheet

Instruction: Maintaining a healthy relationship requires ongoing effort and intentional behaviors from both partners. This worksheet is designed to help you and your partner identify, reflect on, and practice key relationship maintenance behaviors that contribute to a strong, loving connection.

	Observation	Rarely	Sometimes	Often	Always
1	How often do you and your partner engage in open, honest, and respectful communication?				

List three ways you can improve communication in your relationship

	Observation	Rarely	Sometimes	Often	Always
2	Do you regularly express gratitude and appreciation for your partner?				

List three ways you can improve communication in your relationship



Relationship Maintenance Worksheet

	Observation	Rarely	Sometimes	Often	Always
3	How often do you prioritize spending meaningful time together?				

Plan and schedule a special activity or date night that both of you will enjoy:

	Observation	Rarely	Sometimes	Often	Always
4	Do you Do you actively support your partner's personal and professional goals? express gratitude and appreciation for your partner?				

Discuss one of your partner's goals and identify how you can support them in achieving it:

	Observation	Rarely	Sometimes	Often	Always
5	How do you and your partner handle disagreements or conflicts?				



Relationship Maintenance Worksheet

Identify and agree on a conflict resolution strategy that you will use during disagreements:

PRACTICING RELATIONSHIP MAINTENANCE BEHAVIORS

Activity: Set aside 15-30 minutes each week to check in with each other. Discuss how you both feel about the relationship, what's going well, and areas that might need improvement.

Day/Time:

Activity: Make a conscious effort to show affection daily, whether through physical touch, kind words, or small gestures.

Examples of Affectionate Behaviors:

Question: What positive changes have you noticed in your relationship since focusing on these maintenance behaviors?
