

Relationship Clarification Questions Worksheet

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

Communication	Conflict Resolution
<ul style="list-style-type: none">• How often do you communicate openly and honestly about your feelings?• What topics are difficult for you to discuss with your partner?• How do you ensure that both partners feel heard and understood during conversations?• What are your communication strengths as a couple?• What communication habits would you like to change or improve?	<ul style="list-style-type: none">• How do you usually resolve conflicts in your relationship?• What strategies do you use to calm down during an argument?• How do you ensure that conflicts are resolved in a healthy and productive way?• What are the most common triggers for conflicts in your relationship?• How do you apologize and make amends after a conflict?

Intimacy and Connection	Trust and Commitment
<ul style="list-style-type: none">• How do you maintain intimacy and connection in your relationship?• What activities do you enjoy doing together?• How often do you spend quality time together?• What does intimacy mean to you, and how do you express it?• How do you keep the romance alive in your relationship?	<ul style="list-style-type: none">• How do you build and maintain trust in your relationship?• What actions or behaviors help reinforce your commitment to each other?• How do you handle jealousy or insecurity in the relationship?• What are your expectations around fidelity and loyalty?• How do you support each other during challenging times?