

## *Excercise 1: Relationship Test*

### **Are you noticing any of these signs in your relationship?**

If you recognize yourself or your partner in more than half of these statements, it might be worth considering couples counseling:

- Feeling misunderstood by your partner?
- Frequently arguing without resolution?
- Feeling like your partner doesn't fully accept you?
- Wanting more quality time together?
- Struggling with trust issues?
- Finding unresolved tensions in your sex life?
- Needing more support from your partner during tough times?
- Repeatedly facing the same conflicts?
- Discovering misalignment in your future plans?
- Small issues becoming big frustrations?
- Difficulty discussing conflicts openly?
- Feeling unfairly treated in shared tasks?
- Seeking more respect in your interactions?
- Losing attraction to your partner?
- Wanting more fun and enjoyment together?
- Feeling like you lack personal time or freedom?
- Having many differing opinions?
- Occasionally doubting your relationship?
- Wishing for better interactions that seem hard to achieve?

## *Exercise 2: Tips for Enhancing Your Relationship*

### **Implement the following tips to improve your relationship.**

- Prioritize quality time together. Engage in activities beyond routine, like creating moments of fun and connection outside of daily chores or screen time.
- Be attentive and expressive. Small gestures such as notes, texts, or compliments can significantly boost your partner's day. Make it a habit to show appreciation daily, even for the little things.
- Take initiative in resolving conflicts. Address issues promptly rather than waiting for your partner to initiate. It is about finding solutions and maintaining harmony, not about proving who is right.
- Practice proactive communication. Address concerns early on to prevent them from escalating into larger problems.
- Listen actively when your partner shares their worries or thoughts. Understanding each other's perspectives strengthens the relationship.
- Occasionally, take a break from discussions to cool off, but commit to returning to the issue later. Avoiding problems can lead to resentment and misunderstandings.
- Foster trust through open and honest communication. Transparency builds a solid foundation for a healthy relationship.
- Focus on the present and avoid dwelling on past issues. Letting go of past grievances fosters growth and mutual understanding.
- Appreciate your partner's strengths and accept their imperfections. Remember what you admire about each other and focus on nurturing those positive aspects.
- Remember that relationships require effort and commitment. Resist comparing your relationship to others, as every couple faces unique challenges.