



Love Without Limits Relationship Assessment

The Love Without Limits Relationship Assessment Tool

Introduction

This assessment will help you evaluate your relationship across 10 key areas of relationship health and happiness. The results will identify your relationship strengths and opportunities for growth.

For each statement, rate yourself on a scale of 0-5 based on how frequently these behaviours occur in your relationship:

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Often
- 4 = Very Often
- 5 = Always

Be super-honest with yourself - this assessment is designed to help you identify specific areas where you can grow to create a more fulfilling relationship.

Section 1: Taking Personal Responsibility

1. When problems arise in our relationship, I focus on what I can change about myself rather than focusing on my partner's faults.
 - Your score (0-5): _____
2. When I feel upset, I take time to calm down before responding rather than reacting impulsively.
 - Your score (0-5): _____
3. I acknowledge my mistakes and apologise sincerely rather than becoming defensive or making excuses.
 - Your score (0-5): _____
4. I avoid blaming my partner for problems and instead look at how I contribute to our challenges.
 - Your score (0-5): _____

Section 2: Creating Positive Interactions

1. I make a point to compliment my partner or express appreciation at least once daily.



- Your score (0-5): _____
- 2. I consciously do small acts of kindness for my partner without being asked.
 - Your score (0-5): _____
- 3. I make an effort to have more positive interactions with my partner than negative ones each day.
 - Your score (0-5): _____
- 4. When my partner makes any attempt to connect with me (through conversation, showing me something, seeking affection), I turn toward them rather than ignoring or dismissing them.
 - Your score (0-5): _____

Section 3: Communication Patterns

- 1. I can recognize when I'm either becoming aggressive (Tiger) or withdrawing (Turtle) during conflicts.
 - Your score (0-5): _____
- 2. I express my needs as specific requests rather than complaints or criticisms.
 - Your score (0-5): _____
- 3. I work with my partner to find collaborative "Giraffe" solutions that satisfy both our needs rather than trying to win arguments.
 - Your score (0-5): _____
- 4. I show respect rather than contempt during disagreements, avoiding behaviours like eye-rolling, sarcasm, or speaking with disgust.
 - Your score (0-5): _____

Section 4: Trust and Integrity

- 1. I keep the promises I make to my partner, both big and small.
 - Your score (0-5): _____
- 2. When I can't keep a commitment, I communicate this promptly and make up for any inconvenience.
 - Your score (0-5): _____
- 3. I am consistent in my words and actions so my partner knows what to expect from me.
 - Your score (0-5): _____
- 4. I prioritize maintaining trust over being right in disagreements.
 - Your score (0-5): _____



Section 5: Being Your Best Self

1. I regularly reflect on my own behaviour and how it affects our relationship.
 - Your score (0-5): _____
2. I'm aware of my "Not Best Me" patterns and actively work to shift to my "Best Me" when I notice them.
 - Your score (0-5): _____
3. I strive to be my best self in our relationship rather than bringing my worst behaviours home.
 - Your score (0-5): _____
4. I give my partner the benefit of the doubt and assume positive intentions rather than interpreting their actions in the worst possible light.
 - Your score (0-5): _____

Section 6: Shared Vision and Values

1. My partner and I have talked about our hopes and dreams for our future together.
 - Your score (0-5): _____
2. We regularly discuss our goals and make plans to achieve them together.
 - Your score (0-5): _____
3. We make important decisions based on our shared values rather than individual preferences.
 - Your score (0-5): _____
4. We have created meaningful rituals and traditions that strengthen our connection.
 - Your score (0-5): _____

Section 7: Crossing the Bridge

1. I make a sincere effort to understand my partner's perspective, especially when we disagree.
 - Your score (0-5): _____
2. I listen attentively without interrupting and confirm my understanding before responding.
 - Your score (0-5): _____
3. I consider how decisions affect both of us rather than just focusing on what I want.



○ Your score (0-5): _____

4. I can "cross the bridge" to see the world through my partner's eyes even when their perspective differs from mine.

○ Your score (0-5): _____

Section 8: Emotional Freedom

1. I can let go of small irritations rather than holding onto resentments.

○ Your score (0-5): _____

2. I have forgiven past hurts and choose not to bring them up during current disagreements.

○ Your score (0-5): _____

3. I focus on solutions and moving forward rather than dwelling on problems or mistakes.

○ Your score (0-5): _____

4. When I feel strong negative emotions, I can process them in healthy ways rather than taking them out on my partner.

○ Your score (0-5): _____

Section 9: Intimacy and Connection

1. My partner and I regularly have meaningful conversations that go beyond daily logistics.

○ Your score (0-5): _____

2. We maintain physical affection (hugs, kisses, holding hands) even during busy periods.

○ Your score (0-5): _____

3. We make quality time together a priority in our schedule.

○ Your score (0-5): _____

4. We can comfortably discuss our needs and desires for physical and emotional intimacy.

○ Your score (0-5): _____

Section 10: Creating Positive Habits

1. When I want to improve our relationship, I create a clear plan with specific actions.

○ Your score (0-5): _____

2. I set aside dedicated time for relationship-building activities.



- Your score (0-5): _____
- 3. I notice and appreciate small improvements in our relationship rather than only focusing on problems.
 - Your score (0-5): _____
- 4. I use the Four D's (Desired outcome, Define, Diarise, Do) to implement new positive relationship habits.
 - Your score (0-5): _____

Scoring Your Assessment

Section Scores

Calculate each section score by adding the questions and determining the percentage: $(\text{Total points} \div 20) \times 100 = \text{Section percentage}$

Section 1: Taking Personal Responsibility

- Total points: _____ $\div 20 \times 100 =$ _____%

Section 2: Creating Positive Interactions

- Total points: _____ $\div 20 \times 100 =$ _____%

Section 3: Communication Patterns

- Total points: _____ $\div 20 \times 100 =$ _____%

Section 4: Trust and Integrity

- Total points: _____ $\div 20 \times 100 =$ _____%

Section 5: Being Your Best Self

- Total points: _____ $\div 20 \times 100 =$ _____%

Section 6: Shared Vision and Values

- Total points: _____ $\div 20 \times 100 =$ _____%

Section 7: Crossing the Bridge

- Total points: _____ $\div 20 \times 100 =$ _____%

Section 8: Emotional Freedom

- Total points: _____ $\div 20 \times 100 =$ _____%

Section 9: Intimacy and Connection

- Total points: _____ $\div 20 \times 100 =$ _____%

Section 10: Creating Positive Habits



- Total points: _____ ÷ 20 × 100 = _____%

Relationship Health Index

Total all section points: _____ ÷ 200 × 100 = _____%

Interpreting Your Results

85-100%: Extraordinary Relationship

Your relationship shows strong positive patterns across multiple areas. You're likely experiencing deep connection, trust, and joy together.

70-84%: Strong Foundation

Your relationship has many strengths to build upon, though certain areas could use attention to create even more connection.

50-69%: Growing Relationship

Your relationship has some effective patterns but also areas needing significant attention to reach its full potential.

30-49%: Relationship in Need

Your relationship has important areas requiring immediate attention to prevent further disconnection.

0-29%: Relationship Crisis

Your relationship needs comprehensive attention across multiple areas to rebuild connection and satisfaction.

Optional Partner Assessment

Depending on your unique relationship context, sometimes it may be helpful to go through the assessment again, this time rating your partner. And, then if you compare notes in the 'spirit of fun and friendship' you'll both gain awareness into the relationship growth opportunities.

Important Note: For some couples, especially if the relationship is really struggling, then the comparing of notes will be unhelpful. We encourage you to 'err on the side of caution' with these comparing notes optional activity.

Your Relationship Self-Assessment Next Steps

Step One: Opportunity

The great news is that wherever your relationship is at, once you've completed the self-assessment you have new information and an opportunity to take immediate action on the insights you have received that can transform your relationship.



Step Two: Action

Review the relationship areas of strength and opportunity. Be sure to keep going with the elements that score highly. Acknowledge these positives. Now, look at the lower self-assessment ratings. Read the corresponding Chapter in Love Without Limits and scan the chapter for ideas and insights. Ask yourself, what are one or two actions I can take that will have a positive impact. Commit to taking those actions.

Note: Each section of the self-assessment corresponds with the same chapter of Love Without Limits. For example, Self-Assessment Section 3 Communication Patterns corresponds with Chapter 3 and Principle 3, Breaking the Tiger-Turtle Pattern.

Step Three: Book a Call to Fast-Track

While many couples are happy to work through the relationship transformation process on their own, many others want or need to fast-track their results. If that's you, and you're open, coachable and committed to action to transform your relationship, then reach out to us today. You'll be glad you did!

Remember, relationship transformation is a journey. Each small positive change compounds over time to create the Love Without Limits relationship you desire.

Contact grant@grantwattie.com or christine@arohaleadership.com to book a call.