

## RELATIONSHIP ASSESSMENT TOOL

# 15 Building Blocks - How I Try to Treat the Other Person

Period of time being assessed: \_\_\_\_\_

1 = Never 5 = All the Time

	In our relationship, I try to:	1	2	3	4	5
1	<b>ACCOMMODATE</b> him/her by being willing to compromise and make concessions.					
2	Show my <b>APPRECIATION</b> by showing gratitude for and recognition of what he/she does for me.					
3	Show my <b>COMMITMENT</b> to him/her by honoring my pledges, vows, bonds, and agreements.					
4	<b>COMMUNICATE</b> my thoughts, feelings, ideas, and relevant disclosures.					
5	Express <b>DISCORD</b> , e.g., anger, conflict, and frustration in non-destructive ways.					
6	Show <b>EMPATHY</b> by putting myself in his/her shoes to understand what he/she is feeling.					
7	Express <b>EXPECTATIONS</b> that are shared and practical.					
8	Show <b>FORGIVENESS</b> with absolution, reconciliation, and contrition.					
9	Demonstrate <b>HONESTY</b> with truthfulness, integrity, and a lack of deceit.					
10	Show <b>KINDNESS</b> with compassion, tenderness, patience, and consideration.					
11	Provide <b>PREDICTABILITY</b> so he/she can know in advance with some surety what to expect from me.					
12	Show <b>RESPECT</b> by making him/her feel I hold him/her in high regard and with esteem, and by listening carefully and thoughtfully.					
13	Give him/her <b>SPACE</b> so he/she has the physical and emotional latitude to do things with others or alone.					
14	Demonstrate <b>TRUSTWORTHINESS</b> by being truthful, reliable, and dependable, showing I have his/her back.					
15	Act on <b>VALUES</b> that are ethical, principled, and honorable.					

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