



HEALTHY RELATIONSHIPS INITIATIVE

Toolkit for Couples

Reflection Activity #1: Your Views About Relationships

Directions: To what extent do you agree or disagree with the following statements? **Write Strongly Agree (SA), Agree (A), Disagree (D), or Strongly Disagree (SD) next to each statement below.** If you'd like, ask your partner to do the same, and then compare your answers to your partner's answers. Take time to consider how your views on each statement impact how you think and act within your current relationship.

1. I believe it's important for one partner to take the lead in making decisions about our relationships.

2. I would feel comfortable going to counseling if my partner and I couldn't resolve an issue on our own.

3. I think it's important for both partners to take equal responsibility for managing household tasks (e.g., cooking, cleaning, and laundry) for couples who live together. _____
4. I can't think of any reasons that I would be willing to end my relationship. _____
5. I think partners should maintain their finances if they are married.
6. I believe a relationship cannot be successful without passion and romance.
7. I think most married people are happy with their relationships. _____
8. My parents' relationship provided a good model of a successful relationship. _____
9. I believe that partnership should spend most of their leisure time together. _____
10. I think that happy couples communicate openly with one another about everything. _____
11. I think that relationships are supposed to be fun. _____
12. Couples that fight a lot should not stay together. _____
13. In a relationship, it is important never to go to bed angry. _____