

Communication Toolkit

What do you want from your relationship with your partner?



This worksheet is designed to assist you in developing your communication skills to better manage your relationships.

If you are having trouble understanding this worksheet or need support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

With day to day life, it can be easy to lose sight of what you want from your relationship. Ask yourself: do you two really work well together? Have you checked that you still have the same hopes, dreams and values?

Activity

Below are a set of reflective exercises. Write down your thoughts. You may both want to do it together, but it is still very helpful even if you only do it by yourself.

When you answer, go with the first thought. Be honest.

Step 1: My thoughts about me

*Fill in the rest of the sentence. **Example:** My life works best when: I look after myself and I make time to exercise and stay active.*

My life works best when I ...

My relationship works best when I ...

The two most important things in my life are ...

Two things I dislike doing are ...

Two values/beliefs I like in me are ...

Two ways I behave that I like about myself are ...

Two aspects of me that I value in my relationship are ...

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Two aspects of me that I would like to change are ...

Two things about my partner that I value in our relationship are ...

Step 2: My thoughts about my partner

The two most important things in my partner's life are ...

Two things my partner dislikes are ...

Two beliefs/values I like in my partner are ...

Two ways my partner behaves that I like are...

Two things about my partner that I would like them to work on are ...

Step 3: Sharing with your partner

If you get together to share your answers, it's a good idea to just listen without interruption or debate. Each person takes their turn to speak.

Before discussing this any further ensure that both parties have been able to say everything they have written.

If you have a reaction to something your partner said, remember to use 'I' and 'we' statements – see those worksheets for more info.

Step 4: Next steps

Outline an area that you want to start improving on, either individually or as a couple.

This worksheet is part of a series on anger management, communication and self-care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78