



StepCouple Connection  
Nurturing your happily-ever-after

# Stepping Forward Together

## Your Relationship Assessment Guide

## Welcome to Your Relationship Assessment Guide

This guide is your tool for exploring your relationship in a straightforward way. It's not about getting everything perfect; it's about understanding each other better.

### How to Use This Guide:

**Take a Moment:** Set aside some quiet time with your partner for this.

**Open Conversation:** Use this guide to spark open and honest conversations.

**Be Real:** Share your thoughts honestly. It's about growing together.

**Celebrate Good Times:** Acknowledge what's great about your relationship.

**Plan Ahead:** Use what you learn to set goals for your future.

Think of this guide as your relationship companion. Enjoy the journey!

**Communication:** How often do you openly discuss your thoughts and feelings with each other?

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**Quality Time:** How frequently do you engage in meaningful activities or spend quality time together?

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**Shared Goals:** Have you defined common goals for your stepfamily and your relationship?

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**Conflict Resolution:** How do you typically handle disagreements and conflicts as a couple?

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**Emotional Connection:** Do you feel a strong emotional bond and connection with each other?

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**Intimacy:** How satisfied are you with the level of physical and emotional intimacy in your relationship?

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**Co-Parenting:** How well do you and your partner collaborate and communicate with your ex-partners regarding parenting?

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**Trust:** How would you rate the level of trust between you and your partner?

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**Stepchildren Relationship:** How comfortable and positive is your relationship with each other's children?

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**Embracing Changes:** How well do you adapt and support each other through the changes and challenges that come with blending families?

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**Appreciation:** How often do you express gratitude and appreciation for each other's efforts and contributions within the stepfamily dynamic?

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**Self-Care:** Are both of you prioritizing self-care and taking breaks to nurture yourselves individually and as a couple?

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## Congratulations on completing the **Relationship Assessment Guide!**



Completing this guide demonstrates your **commitment** to the well-being of your relationship.

This journey of exploration is a powerful step towards feeling stronger and more connected together.

Each challenge is an opportunity for growth and every conversation and reflection deepens your understanding of each other.

Embrace the adventures, cherish the moments, and celebrate the unique connections you experience in your StepCouple relationship.

As Relationship Coaches, we're here to cheer you on and provide support on your journey. If you're curious about how our coaching programs can further enrich your relationship, we invite you to a complimentary discovery call. Let's explore together if it's the right fit for you. <https://fusefamilyfocus.com/>