

What's Important To You?

This exercise is designed to help you become more aware of the unspoken values and expectations you bring to your relationship.

Rank the following eight categories in order of importance to you. For example, if “tenderness” is the most important item on this list to you, place a one (1) next to it; if “encouragement” is second, place a two (2) next to it, and so on. Be sure to rank the entire list.

Next, rank the same categories the way you believe your partner would. Do not discuss your answers until both of you have completed the first part of the exercise.

	You	Your Mate
Security (e.g., permanence and financial well-being)	_____	_____
Companionship (e.g., having a soul partner)	_____	_____
Sex (e.g., physical intimacy)	_____	_____
Rootedness (e.g., staying connected to family of origin)	_____	_____
Tenderness (e.g., regular touching, a wink across the room)	_____	_____
Encouragement (e.g., having verbal support and appreciation)	_____	_____
Intellectual closeness (e.g., discussing and growing together)	_____	_____
Mutual Activity (e.g., sports, church work, hobbies)	_____	_____

Once both of you have ranked the categories for yourself and for your partner, compare your lists. How are they similar and different? What surprises, if any did you discover?