

Relationship Worksheet Template

Date of Consultation:

Partner 1 Information
Name:
Date of Birth:
Gender:
Address:
Phone Number:
Email Address:

Partner 2 Information
Name:
Date of Birth:
Gender:
Address:
Phone Number:
Email Address:

1. Current Relationship Challenge/Issue:

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2. How does this challenge/issue affect each partner individually?

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3. List three possible solutions or approaches to address the challenge/issue:

- A.
- B.
- C.

4. Select the most feasible solution and explain why:

5. Identify any obstacles or potential difficulties in implementing the chosen solution:

6. List three specific actions or steps both partners can take to work towards resolving the challenge/issue:

- A.
- B.
- C.

7. Timeline for implementing the chosen solution:

8. Additional resources or support needed (if any):

9. Date to review progress and reassess the situation: