

The Journey from "I-TO-WE"

Chapter 1

Assess the Present State of the Relationship

*We don't know
What we don't know.*

~ Anonymous

The above quote delivers a powerful message in the most simplistic manner. Initially, most fail to capture its meaning, which is one that weaves the tapestry of relationships.

Couples in the midst of relationship distress and turmoil invariably fail to identify the core of their struggles. It's easy to become glued to everyday surface issues and problems, thereby identifying with superficial elements while ignoring the deeper process—or rhythm—of their relationship dance.

When you gain
the insight and self-awareness
to look deeply into your own mirror,
you will be in a position to begin *knowing*.

No two individuals in a relationship share the exact perspectives. Nevertheless, acknowledging another person's perspectives with empathy is a precursor to beginning this journey. Therefore, first you must begin to understand one another's view of the current state of the relationship. From there, you will be in an excellent position to begin the process of conscious change to co-create the relationship of your dreams.

When you complete the relationship assessment, Appendix A, you may be surprised by your partner's responses. It is very telling when you turn toward each other and say, "I had no idea you felt that way." Such awareness begins the process. Consequently, the assessment will illustrate strengths and weaknesses along with the varying perspectives that you and your partner bring to the relationship.

The Relationship Assessment provides the structure to explore 21 areas of your relationship. Each topic corresponds to a chapter in the book and workbook, which will be addressed in greater detail in

The Journey from "I-TO-WE"

the chapters that follow. Therefore, we begin with the objective of presenting a complete overview of each partner's perspective of the relationship.

Awarding certain statements and topics low scores can be difficult. You may worry that your response will hurt or offend your partner, or create conflict. Honesty, however, is critical for the success of this program. Avoid placing yourself in a position which you might later regret because you failed to be open and honest with your partner when you had the chance.

The responses you give now will lay the foundation for your work ahead. The process to Create an Emotionally Intelligent Relationship begins here, right now. From this point forward, adhere to understanding and empathy, and apply honesty and courage.

Go to Appendix A in the back of the book or to Chapter 1 of the workbook to complete the Assessment before you begin Chapter 2.



When Steve and Amy came to see me after our initial meeting, they brought their relationship assessments. As you can imagine, their scores were quite low in most of the categories. They rated a majority of the topics between 30 and 40; anything to do with communication and behaviors earned 10s and 20s.

Thank goodness their scores on the commitment section were high! That gave us sufficient purpose to pursue coaching, but I knew the process would be a long and difficult one.

Appendix A -- Relationship Assessment Quiz

Step 1 – Your perspective of **yourself** - Rate your degree of agreement with each statement on a scale of 1 to 10, with 10 being **a definite yes** and 1 being **a definite no**. Using a black pen, write your score on the first line to the left of each statement.

Step 2 – Your perspective of your **partner** - Rate your partner according to how you feel the statement applies to him or her from your perspective. Using a black pen, write your score on the second line to the left of each statement.

Example: 10 8 - 1 - I am committed to our relationship.

If you feel you are 100% committed, place a 10 as shown above. If you feel your partner is only 80% committed, place an 8 on the second line.

Step 3 – When you have completed each of the topics, total all of the scores within each topic, and write the number in the space marked **Topic Score**. When you and your partner have finished scoring your Assessments, let each other know.

Step 4 – No matter what number your partner writes down, refrain from reacting negatively to your partner's scores. Be supportive; do not get defensive, resentful or angry. Begin to create safety in the relationship by thanking your partner for having the courage to trust you by sharing his or her true thoughts and feelings.

Step 5 – At the top of the "Our Relationship Assessment" page is a space to record the date and your names. Record your perspective of yourself score beneath your name. Next, when your partner shares the total topic scores from his or her book, record those beneath his or her name.

Step 6 – Total both of your scores for each topic and divide by 200 to get the percentage score. Place this under the **Topic Percentage Score** heading to the right of your individual scores.

Step 7 – Total your individual scores for each topic; divide by 21. Place both of the average sums in the appropriate **Total Relationship Score** line at the end of the "Our Relationship Assessment." Add your two percentages, divide by two, and place the number to the right of your individual **Total Relationship Scores**. This is the percentage score for your assessment.

Step 8 – In the "Our Relationship Assessment" section, using a black pen, place a checkmark to the left of each topic heading that

The Journey from "I-TO-WE"

has a Total Percentage Score of 80 or above. *Celebrate these and focus on the positives they bring to your relationship.*

Step 9 – Place a red X to the left of each topic heading that has a percentage score below 80. *Be mindful of the topics that score between 60 and 79. Here, you have room to improve, but such areas are less dire than any topics with scores below 60.* They are the areas that need *the most immediate* attention.

1 - Commitment

- ___ ___ - 1 - I am committed to giving 100 percent effort and completing this program.
- ___ ___ - 2 - I am committed to keeping our relationship safe and loving.
- ___ ___ - 3 - I am committed to being mentally present and emotionally available.
- ___ ___ - 4 - I am committed to being honest, sincere and genuine with my partner.
- ___ ___ - 5 - I am committed to understanding and owning my contribution to conflicts in our relationship.
- ___ ___ - 6 - I am committed to speak, listen, understand, validate, and empathize with my partner in a conscientious manner.
- ___ ___ - 7 - I am committed to admitting my denials, facing my fears, and being truthful with my partner and myself.
- ___ ___ - 8 - I am committed to accepting absolute personal responsibility for my words, actions, and behaviors.
- ___ ___ - 9 - I am committed to learning my partner's Relationship Languages and speaking them every day.
- ___ ___ - 10 - I am committed to enact positive change for my own benefit as well as for my partner and the relationship.

_____ - **Topic Score**

2 – Discussion

- ___ ___ - 1 - I know how to ask for a discussion appointment.
- ___ ___ - 2 - I deliver my message to my partner in a safe, honest, peaceful, respectful, and loving manner.
- ___ ___ - 3 - I focus and listen to my partner talk about his or her thoughts and feelings.
- ___ ___ - 4 - I reflect back to my partner that I understand his or her message.
- ___ ___ - 5 - I sincerely validate my partner's points of view, even if I do not agree.
- ___ ___ - 6 - I show genuine empathy and respect for my partner's thoughts and feelings.
- ___ ___ - 7 - I do not make it about me.
- ___ ___ - 8 - I do not get defensive, blame, use verbal darts, display a condescending attitude, or make disrespectful judgments.
- ___ ___ - 9 - I do not criticize, minimize/invalidate, or mock my partner's thoughts or feelings.
- ___ ___ - 10 - I give my partner all the time he or she needs to finish communicating a thought or feeling.

_____ - **Topic Score**

3 – Awareness

- ___ ___ - 1 - I understand the meaning of Emotional Intelligence.
- ___ ___ - 2 - I understand the implications Emotional Intelligence has on our relationship.
- ___ ___ - 3 - I have identified the positive traits of my parents.
- ___ ___ - 4 - I have identified the negative traits of my parents.
- ___ ___ - 5 - I have identified the positive traits of my partner.

The Journey from "I-TO-WE"

- ___ ___ - 6 - I have identified the negative traits of my partner.
- ___ ___ - 7 - I have identified the positive traits common to my partner and parents.
- ___ ___ - 8 - I have identified the negative traits common to my partner and parents.
- ___ ___ - 9 - I have identified the positive traits common to my parents and myself.
- ___ ___ - 10 - I have identified the negative traits common to my parents and myself.

___ ___ - **Topic Score**

4 – Wounds

- ___ ___ - 1 - I have identified the emotional wounds from my past.
- ___ ___ - 2 - I have identified the fears and negative self-beliefs originating from my emotional wounds.
- ___ ___ - 3 - I understand and accept responsibility for the impact my emotional wounds and fears have on me.
- ___ ___ - 4 - I understand and accept responsibility for the impact my emotional wounds and fears have on my relationships.
- ___ ___ - 5 - I have shared the stories about my emotional wounds and fears with my partner.
- ___ ___ - 6 - I have identified my distorted perspectives and unrealistic expectations.
- ___ ___ - 7 - I understand how my emotional wounds and fears create reactivity in my relationships.
- ___ ___ - 8 - I accept absolute personal responsibility for the impact my reactivity has on my relationships.

The Journey from "I-TO-WE"

___ ___ - 9 - I have shared with my partner what triggers my emotional wounds.

___ ___ - 10 - I empathize and help my partner to heal his or her emotional wounds.

_____ - **Topic Score**

5 - Conflict

___ ___ - 1 - I understand that most of my reactivity comes from past wounds and fears.

___ ___ - 2 - I can differentiate between past pain, present reality, and future anxiety.

___ ___ - 3 - I recognize when I am being reactive toward my partner.

___ ___ - 4 - I know how my reactivity negatively affects my partner and our relationship.

___ ___ - 5 - I apologize to my partner when I become reactive toward him or her.

___ ___ - 6 - My mind is not preoccupied with negative perspectives or feelings toward my partner.

___ ___ - 7 - I do not dominate our discussions.

___ ___ - 8 - I listen to my partner talk about his/her thoughts and feelings.

___ ___ - 9 - I do not yell, scream, throw things, or abuse my partner verbally or physically.

___ ___ - 10 - I forgive my partner when he/she apologizes and accepts responsibility for his or her reactive words, actions, and behaviors.

_____ - **Topic Score**

6 – Communication

- ___ ___ - 1 - When we have an argument, we end with positive, loving feelings intact.
- ___ ___ - 2 - I do not begin discussions in a harsh or threatening manner.
- ___ ___ - 3 - I do not project my own frustration and pain onto my partner when we communicate.
- ___ ___ - 4 - I do not use negative reactive words, actions, or behaviors in our discussions and arguments.
- ___ ___ - 5 - I always give my partner the benefit of the doubt when I am triggered.
- ___ ___ - 6 - I know when it is time to take a break from an intense discussion or argument.
- ___ ___ - 7 - I signal my partner when I start to feel reactive and emotionally overwhelmed by the discussion.
- ___ ___ - 8 - I know when and how to regulate my emotions and self-soothe.
- ___ ___ - 9 - When we take a break, I do not allow my mind to conjure negative thoughts, such as anger or revenge.
- ___ ___ - 10 - I forgive my partner after we have a heated argument.

_____ – **Topic Score**

7 – Change

- ___ ___ - 1 - I am aware that I am to blame for some of the problems in the relationship.

The Journey from "I-TO-WE"

- ___ ___ - 2 - I have broken through the veil of denial about my emotional wounds, fears, reactivity and negative self-beliefs.
- ___ ___ - 3 - I understand my fears and the negative affect they have on my life.
- ___ ___ - 4 - I have learned to control my mind and end the negative, self-limiting dialogue.
- ___ ___ - 5 - I have looked at my issues and problems from different perspectives.
- ___ ___ - 6 - I have taken absolute personal responsibility for all of my words, actions, and behaviors.
- ___ ___ - 7 - I am living in the moment, grateful for what I have, enjoy giving and forgiven others and myself.
- ___ ___ - 8 - I have adopted new, positive beliefs and values and created a new vision for my future.
- ___ ___ - 9 - I have made a plan of action and set goals for my changes.
- ___ ___ - 10 - I have made a commitment to myself to live each day with the intention of realizing my vision.

_____ - **Topic Score**

8 - Non-Avoidance

- ___ ___ - 1 - I look forward to and love spending our free time together.
- ___ ___ - 2 - I do not use any actions or behaviors to avoid my partner or the relationship.
- ___ ___ - 3 - I have identified and eliminated any avoidance behaviors or actions.

The Journey from "I-TO-WE"

- ___ ___ - 4 - I do not ignore my partner by being selfish with my time.
- ___ ___ - 5 - I feel safe and know how to ask for time together.
- ___ ___ - 6 - We spend at least 10 hours of "WE" time per week.
- ___ ___ - 7 - We do not lead separate and parallel lives.
- ___ ___ - 8 - We both have outside interests that do not interfere with our time together.
- ___ ___ - 9 - I enjoy spending the weekends together.
- ___ ___ - 10 - I have made a commitment to be physically and emotionally available for my partner and our relationship.

___ ___ - **Topic Score**

9 - Behaviors

- ___ ___ - 1 - I have identified my negative behavior habits and patterns.
- ___ ___ - 2 - I understand where these negative behavior traits originated.
- ___ ___ - 3 - I have identified how these traits affect my partner and our relationship.
- ___ ___ - 4 - I listen to, allow influence and respect my partner's point of view about my behavior.
- ___ ___ - 5 - I understand what behaviors will trigger and upset my partner.
- ___ ___ - 6 - I calmly and respectfully accept behavior change requests from my partner.
- ___ ___ - 7 - I have told my partner what I do not like and how those things make me feel.

The Journey from "I-TO-WE"

- ___ ___ - 8 - I tell my partner what such things remind me of and what I need instead.
- ___ ___ - 9 - I calmly and respectfully request behavior changes of my partner.
- ___ ___ - 10 - I take absolute personal responsibility to do everything I can to change my negative behaviors - unconditionally.
- _____ - **Topic Score**
-

10 - Needs

- ___ ___ - 1 - I have identified my *required needs*.
- ___ ___ - 2 - We have shared our *required needs* lists.
- ___ ___ - 3 - Currently, my partner is not doing anything from my *required needs* list that could cause the relationship to fail.
- ___ ___ - 4 - I have identified my *important needs*.
- ___ ___ - 5 - We have shared our *important needs* lists.
- ___ ___ - 6 - I have identified my *desired needs*.
- ___ ___ - 7 - We have shared our *desired needs* lists.
- ___ ___ - 8 - I do not make demands and I am not selfish about my needs.
- ___ ___ - 9 - I am enthusiastically committed to meet my partner's needs.
- ___ ___ - 10 - I think of my partner and give of myself unselfishly and unconditionally to satisfy his or her needs.
- _____ - **Topic Score**

11 – Problems

- ___ ___ - 1 - I know the difference between a *solvable* and an *unsolvable* problem.
- ___ ___ - 2 - We can identify a solvable problem and stick to the issue only.
- ___ ___ - 3 - We successfully communicate about our solvable problems.
- ___ ___ - 4 - We have identified our unsolvable problems.
- ___ ___ - 5 - I know that an unsolvable problem can destroy a relationship.
- ___ ___ - 6 - I understand the root cause of our unsolvable problem.
- ___ ___ - 7 - I understand where the root cause originates.
- ___ ___ - 8 - I understand and am empathetic of my partner's perspective.
- ___ ___ - 9 - When it is my partner's issue, I am patient and ask how I can help.
- ___ ___ - 10 - I take absolute personal responsibility when it is my own issue that causes the unsolvable problem.

_____ - **Topic Score**

12 – Compromise

- ___ ___ - 1 - We are able to compromise, manage, and live peacefully with our unsolvable problems.
- ___ ___ - 2 - I understand the root cause for the unsolvable problems in the relationship.
- ___ ___ - 3 - We take the time to explore the real issue underlying the problem.

The Journey from "I-TO-WE"

- ___ ___ - 4 - I respect, understand, and validate my partner's perspectives.
- ___ ___ - 5 - I look at the issue or problem from three different perspectives.
- ___ ___ - 6 - We brainstorm and look for new perspectives on which to agree.
- ___ ___ - 7 - We find common ground to develop a joint perspective.
- ___ ___ - 8 - We develop an agreement from a perspective about which we both are enthusiastic.
- ___ ___ - 9 - We make plans and goals for our mutual perspective agreements.
- ___ ___ - 10 - I accept absolute personal responsibility to follow through on all of my promises and commitments.

_____ - **Topic Score**

13 - Friendship

- ___ ___ - 1 - My partner is my best friend.
- ___ ___ - 2 - I know about my partner's past from childhood on.
- ___ ___ - 3 - I know my partner's inner secrets.
- ___ ___ - 4 - I know my partner's dreams and aspirations.
- ___ ___ - 5 - I know what makes my partner happy and sad.
- ___ ___ - 6 - I know what my partner likes and dislikes.
- ___ ___ - 7 - We work as a team in our relationship.
- ___ ___ - 8 - We speak at least once during the workday.
- ___ ___ - 9 - We talk about each other's day at night.
- ___ ___ - 10 - I know about what is happening in my partner's life today.

_____ - **Topic Score**

14 – Connection

- ___ ___ - 1 - I feel very connected to my partner.
- ___ ___ - 2 - I have positive feelings for and perspectives of my partner.
- ___ ___ - 3 - I have positive feelings for and perspectives of the relationship.
- ___ ___ - 4 - I am open and honest with my partner.
- ___ ___ - 5 - I am loving and affectionate with my partner.
- ___ ___ - 6 - I trust, respect, and admire my partner.
- ___ ___ - 7 - We make all important decisions together.
- ___ ___ - 8 - I am grateful and show my partner appreciation.
- ___ ___ - 9 - I listen to, and am open to be influenced by my partner.
- ___ ___ - 10 - I tell my partner how much I am grateful, appreciate, and love him or her every day.

_____ - **Topic Score**

15 – Values

- ___ ___ - 1 - I have identified and defined my Learned Values.
- ___ ___ - 2 - I have identified and defined my Core Values.
- ___ ___ - 3 - I respect my partner's individual values.
- ___ ___ - 4 - I understand how my values shape my beliefs.
- ___ ___ - 5 - I understand how following my values will affect my relationship and myself.
- ___ ___ - 6 - I have consciously chosen new positive values.
- ___ ___ - 7 - We have a shared set of values for how we love and honor each other.
- ___ ___ - 8 - We have a shared set of values for our family.
- ___ ___ - 9 - We have a shared set of values for our future.

The Journey from "I-TO-WE"

___ ___ - 10 - I live my life with purpose and in peace by honoring our shared values.

___ ___ - **Topic Score**

16 - Vision

___ ___ - 1 - I have defined my vision and life purpose.

___ ___ - 2 - I am living my vision and life purpose.

___ ___ - 3 - We have shared our visions for the future with each other, and they are similar.

___ ___ - 4 - We have shared our global beliefs about life, and they are similar.

___ ___ - 5 - We have similar dreams and aspirations that are important to us.

___ ___ - 6 - We have developed a shared vision statement for our relationship.

___ ___ - 7 - We agree enthusiastically on, and feel positive about, our shared vision.

___ ___ - 8 - We have plans and goals to accomplish our shared vision.

___ ___ - 9 - We are enjoying the description of our perfect days together.

___ ___ - 10 - I have made a commitment to live each day with intention and take absolute personal responsibility to accomplish my goals, enabling us to realize our shared vision.

___ ___ - **Topic Score**

17 – Romance

- ___ ___ - 1 - I know what my partner wants and needs to make him or her smile, warm his or her heart and fill his or her soul with positive energy.
- ___ ___ - 2 - I give my partner gifts of loving actions every day.
- ___ ___ - 3 - I give my partner gifts of unexpected surprises.
- ___ ___ - 4 - I plan activities to create excitement in our relationship.
- ___ ___ - 5 - I enjoy our recreational activities together.
- ___ ___ - 6 - I know my partner's Romance Language and enjoy speaking it every day.
- ___ ___ - 7 - I am inspired to give three romance gifts to my partner every day.
- ___ ___ - 8 - I give gifts unselfishly and unconditionally with no obligations.
- ___ ___ - 9 - I feel joy when I make my partner smile.
- ___ ___ - 10 - I show appreciation and affection when I receive a gift.

_____ - **Topic Score**

18 – Intimacy

- ___ ___ - 1 - I have defined my Intimacy Language.
- ___ ___ - 2 - I feel safe to share my most intimate thoughts and feelings.
- ___ ___ - 3 - I have shared my Intimacy Language with my partner.
- ___ ___ - 4 - My partner speaks my Intimacy Language and I see, feel, and hear that *he or she is absolutely in love with me.*

The Journey from "I-TO-WE"

- ___ ___ - 5 - I have learned my partner's Intimacy Language.
- ___ ___ - 6 - I am inspired to speak my partner's Intimacy Language every day.
- ___ ___ - 7 - I give my partner an intimacy gift every day, unconditionally.
- ___ ___ - 8 - I have identified any intimacy blockages I have, and moved past my denials and fears.
- ___ ___ - 9 - We have a plan and I work to Co-Create intimacy in our relationship.
- ___ ___ - 10 - I understand that intimacy is only one step in the Passion Equation.

___ ___ - **Topic Score**

19 - Sexuality

- ___ ___ - 1 - I feel safe about and enjoy telling my partner my sexual desires and fantasies.
- ___ ___ - 2 - I listen and am attentive to my partner's sexual desires and fantasies.
- ___ ___ - 3 - I take the time to enjoy my partner's Intimacy Language before sex.
- ___ ___ - 4 - I am sensitive and considerate to my partner's state at the time of sex.
- ___ ___ - 5 - I take the time to assist my partner to enjoy the experience.
- ___ ___ - 6 - I am inspired to satisfy my partner sexually in the way he or she wants.
- ___ ___ - 7 - I am not sexually inhibited or selfish.
- ___ ___ - 8 - I do not demand or expect too much sexually from my partner.

The Journey from "I-TO-WE"

- ___ ___ - 9 - I do not use sex as a weapon.
- ___ ___ - 10 - I know how to accept and request a sexual behavior change.

_____ - **Topic Score**

20 - Parenting

- ___ ___ - 1 - I know how to coach my children to be Emotionally Intelligent.
- ___ ___ - 2 - I am mentally present and emotionally available when my children need me.
- ___ ___ - 3 - I listen to my children when they are afraid, sad, angry, confused, or disappointed.
- ___ ___ - 4 - I put myself in my children's shoes, and understand and empathize with their experience.
- ___ ___ - 5 - I do not rush my children when they are trying to communicate a thought or feeling to me.
- ___ ___ - 6 - I help them understand their emotions and let them know emotions are okay.
- ___ ___ - 7 - I help them self-soothe and calm themselves during these discussions.
- ___ ___ - 8 - I help them see new perspectives of the situation.
- ___ ___ - 9 - I assist them in finding solutions to their issues and problems.
- ___ ___ - 10 - I am an Emotionally Intelligent parent.

_____ - **Topic Score**

21 – Meaning

- ___ ___ - 1 - We know the importance of rituals, symbols and structures in creating meaning in our relationship.
- ___ ___ - 2 - We have created rituals, symbols and structures to have safe, honest, peaceful, respectful and loving discussions.
- ___ ___ - 3 - We have created rituals, symbols and structures to make each other feel safe, loved and cared for.
- ___ ___ - 4 - We have created rituals, symbols and structures to build trust, respect and admiration.
- ___ ___ - 5 - We have created rituals, symbols and structures to satisfy each other's required, important and desired needs.
- ___ ___ - 6 - We have created rituals, symbols and structures for romance, intimacy and sexuality in our relationship.
- ___ ___ - 7 - We have created rituals, symbols and structures to manage and live with our problems peacefully.
- ___ ___ - 8 - We have created rituals, symbols and structures of friendship and connection.
- ___ ___ - 9 - We have created rituals, symbols and structures to honor our values, vision, and spirituality.
- ___ ___ - 10 - We have created rituals, symbols and structures to remind us to continue learning, stretching, growing, maturing and changing.

_____ - **Topic Score**

The Journey from "I-TO-WE"

Our Relationship Assessment

	Name	Name	Topic %
Date - _____	_____	_____	Score
_____ - 1 - Commitment	_____	_____	_____
_____ - 2 - Discussion	_____	_____	_____
_____ - 3 - Awareness	_____	_____	_____
_____ - 4 - Wounds	_____	_____	_____
_____ - 5 - Conflict	_____	_____	_____
_____ - 6 - Communication	_____	_____	_____
_____ - 7 - Change	_____	_____	_____
_____ - 8 - Non-Avoidance	_____	_____	_____
_____ - 9 - Behaviors	_____	_____	_____
_____ - 10 - Needs	_____	_____	_____
_____ - 11 - Problems	_____	_____	_____
_____ - 12 - Compromise	_____	_____	_____
_____ - 13 - Friendship	_____	_____	_____
_____ - 14 - Connection	_____	_____	_____
_____ - 15 - Values	_____	_____	_____
_____ - 16 - Vision	_____	_____	_____
_____ - 17 - Romance	_____	_____	_____
_____ - 18 - Intimacy	_____	_____	_____
_____ - 19 - Sexuality	_____	_____	_____
_____ - 20 - Parenting	_____	_____	_____
_____ - 21 - Meaning	_____	_____	_____
Total Relationship Score	_____	_____	_____