

Which of these disconnecting factors might affect your own relationship?

The strains on your connection

There are many issues which could contribute to you two feeling less close, even disconnected, but not all issues bother all couples.

Use the scale below to rate how much each of these common problem areas bothers your relationship right now, by choosing a number from 0 to 10. The figure 0 means that this area doesn't cause any issues at all in your relationship, and 10 means it causes serious issues.

	<i>Doesn't cause an issue</i>	<i>Causes moderate issues</i>	<i>Causes severe issues</i>
	0	5	10
1	Emotional connection and affection		_____
2	Joint activities, spending time together		_____
3	Interaction with members of each other's family		_____
4	Friendships outside the partnership		_____
5	Finances		_____
6	Sexual intimacy		_____
7	Managing the home and day-to-day tasks		_____
8	Work and career		_____
9	Parenting and raising children		_____
10	Communication		_____
11	Trust and honesty		_____
12	Religion and spirituality		_____
13	Decision-making		_____
14	Your own suggestion		_____

What was it like to make this assessment? If you did it together, did you agree or disagree on which areas are most problematic in your relationship?