

relate ni

the relationship people

Relate NI Relationship MOT

Routine maintenance for your relationship.

Please answer these questions about key aspects of your relationship.

- Please rate yourself and rate your partner's satisfaction or ability from 1 (lower) to 5 (higher). Have them do the same on a separate form.
- Please try to be as honest as possible.
- If the question is not relevant, please skip it.
- Feel free to comment in the text boxes.
- Compare answers and have a conversation together where you identify strengths in your relationship, perhaps where you are on the same page, as well as areas for improvement.
- Relate NI offer a 50 minute Relationship MOT session with a counsellor, who can help you do this and provide some tools and activities to help you move forward and maybe even add some sparkle. [Find out more here.](#)

	Me	My partner	Comments (120 character max)
Leisure time How satisfied are you with the personal (on your own) leisure time you have? From your partner's point of view, how do you think they would rate their own personal leisure time?			
Romance How satisfied are you with your efforts in making time to be romantic with each other. What about your partner's effort?			
Friends & wider family How happy are you with the time you get to spend with friends and wider family? How happy is your partner?			
Listening How would you rate your ability to listen well and respond to what your partner says? What about your partner's ability to listen to you?			
Assertiveness How do you rate your ability to ask for what you want or to say no? How would you rate your partner's ability?			
Managing conflict How would you rate your ability and your partner's ability to manage conflict or arguments?			
Expressing love			

How would you rate your ability to communicate that you love your partner? How would you rate your partner at expressing love and affection?			
Desire and sex How satisfied are you with your desire for sex and the sex you have? How would you rate your partner's satisfaction?			
Trust How do you rate the trust you have in your partner? How would they rate their trust in you?			
Reliability How would you rate your reliability and how would you rate that of your partner?			
Childcare & parenting How would you rate your confidence and ability in being a good parent? How would you rate that of your partner?			
Income How would you rate the fairness in both of your contributions to your household income and spending compared to how your partner might see it?			
Housework & DIY How would you rate the fairness in the division of labour regarding DIY and housework?			
How long have you been together?			
What initially attracted you to them?			
What words would you use to describe your partner?			
What are the best bits of your relationship?			
What areas of your relationship need to change?			
Are you frightened of your partner? If yes, why? (we won't share this with your partner)			
Is there anything else you want to tell us?			

Did you find this exercise useful? Book a full Relationship MOT with a Relate NI Counsellor [here](#).

You can find more useful relationship tools and activities at <https://www.relateni.org/advice-help-resources/>