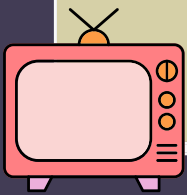


We can relate, when we plan meaningful time together (and apart) and carry out regular relationship maintenance. Complete this milestone map together with your partner after you have been for one of Relationship MOT sessions. Hang it on your fridge as a reminder to regularly work on your relationship.

Leisure Time

E.g. Carve out one night a week to spend together



intimate Relationship

E.g. Decide on new ways you would like to be intimate such as massages

Listening to each other



Managing Conflict

E.g. Set time aside each week to talk to each other about our feelings

Family Relationships

