Libra Ingredients for Harmony

Do I express clearly what are my needs? Or do I expect my partner to know or somehow guess them?
Do I show gratitude and say "thank you"?
Can I express my thoughts and feelings without being criticized?
Do I feel supported by my partner in the different areas of my life?
When we have conflicts do we look for solutions or do we look for who is to blame?
Do we have time only for the two of us without distractions?
What things do we do together for fun? What activities do we share?

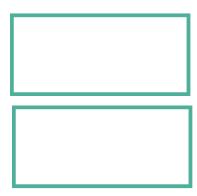
Libra Ingredients for Harmony

How do I feel in this relationship right now?

	Physically					
	Emotionally					
	21110010110					
I can express myself openly:						
	Always	Ofte	n	Sometimes	Rarely	
	Why?					

Libra Ingredients for Harmony

Name 2 hobbies or activities that you share on a regular basis:



(not house chores, kid-related or work-related things)

When conflict arises I tend to...

speak calmly

withdraw



stay silent

react strongly

What are 3 things I appreciate about my partner:



Libra Ingredients for Harmony

Values we share:

trust

vulnerability

respect

forgiveness

goal-support

honesty

travel and adventure

financial alignment

communication

traditions

humor and play

physical touch

spiritual growth

health-conscious living

conflict resolution

Libra Ingredients for Harmony

What kind of future do I envision us building together?

What are we Where are we? doing individually? What are we doing together?