
Understanding Our Couple Dynamic:

PULLING IT ALL TOGETHER

My core values:

My partner's
core values:

My decision-making values:

My partner's decision-making values:

My preferred way to express myself: ☐ in the moment (extroverted)
☐ after time to think (introverted)

My partner's preferred way to
express themselves: ☐ in the moment (extroverted)
☐ after time to think (introverted)

My tendency in conflict: ☐ accommodate ☐ avoid
☐ fight to be right ☐ compromise
☐ open to all perspectives

My partner's tendency
in conflict: ☐ accommodate ☐ avoid
☐ fight to be right ☐ compromise
☐ open to all perspectives

My top 2 methods of *receiving*
love and support:

My partner's top 2 methods of
receiving love and support:

My preferred method of *giving*
love and support:

My partner's preferred method of
giving love and support: