

HRW EVALUATION Date: _____

Seesaw Structure: _____ / _____

Co-partner A: _____ /Co-partner B: _____

- For best results, it is important to have the **How Relationships Work** book in hand. <http://tinyurl.com/6jgj9pk>
- Each chapter in **Part II** specifically references the details for each relationship category.

EVALUATING THE ENVIRONMENT

LOCATION:

Appropriate Inappropriate

DURATION:

Appropriate Inappropriate

TIMING:

Appropriate Inappropriate

EVALUATING THE SEESAW STRUCTURE

ROLES:

Role A: Appropriate Inappropriate

Role B: Appropriate Inappropriate

RULES:

Rules A: Following Not Following

Physical: _____

Emotional: _____

Mental: _____

Social: _____

Rules B: Following Not Following

Physical: _____

Emotional: _____

Mental: _____

Social: _____

CUSTOMS:

Customs A: (check all that apply):

Religious Country Political

Customs B: (check all that apply):

Religious Country Political

EVALUATING the CO-PARTNERS

TRAITS:

Traits – Person A

Is Attracted (Yes No)

Is Committed (Yes No)

Is Genuine (Yes No)

Is Trustworthy (Yes No)

Emotionally Mature (Yes No)

Communication Skills (Yes No)

Problem-Solving Skills (Yes No)

Notes:

Traits – Person B

Is Attracted (Yes No)

Is Committed (Yes No)

Is Genuine (Yes No)

Is Trustworthy (Yes No)

Emotionally Mature (Yes No)

Communication Skills (Yes No)

Problem-Solving Skills (Yes No)

Notes:

NEEDSNeeds – Person A

Being Met Not Being Met

Physical:

Emotional:

Mental:

Social:

Needs – Person B

Being Met Not Being Met

Physical:

Emotional:

Mental:

Social:

TACTICS / BEHAVIORSTactics – Person A

Positive Negative

Tactics – Person B

Positive Negative

Notes on Evaluation

Summarize your relationship evaluation here.

Environment:

Seesaw Structure:

2 Co-partners
