



*Core Values Relationship Assessment*

*By: Jonathon Aslay*

# *Introduction*

## *Self-Discovery*

*I want to thank you for taking the first step in finding out about who you are and ultimately finding yourself in a truly happy and healthy relationship. Your life is an exciting adventure and the core of what you believe you are dramatically impacts our vision about our life and about those around you. This, in turn, has a significant impact on how others perceive you as you go through life.*

*If you choose, every day in your life can be a step in self-discovery. When it comes to relationships, your knowledge and perceptions of who you are plays a vital role in the success or failure of that relationship. Whether you know it or not, issues, good and bad, from your past relationships come back to haunt you when you enter into a new relationship.*

*Going through this workbook on self-discovery, you will unlock those hidden fears and past patterns you've fallen into and release a new you. You will gain new knowledge about who you are and what you want or need to change before you enter the next relationship. When you want to make significant and positive changes in your life, the first issue is to realize where you are. This relationship questionnaire is a relationship tool, that will help you find discover where you are at this point in your life.*

*When you go through these questions, be honest with yourself and you will notice certain patterns of behavior rise to the surface. Once you've done this, you will see how these answers will lay the foundation and groundwork for making any changes you want and deem necessary to have a happy and healthy relationship. Then you can continue your journey in relationships with confidence, control and peace of mind.*

*Let's begin!*

*Jonathon Aslay*

## Core Values Relationship Questionnaire

### *The Beginning of Creating a Healthy Happy Relationship*

1. *When I first enter into a relationship, what are my greatest fears?*

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2. *What beliefs do I have about myself that limit my thinking as to what is available to me in a relationship? (i.e. There are no good men out there.)*

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3. *List the things that to you are non negotiable or deal breakers in a relationship?*

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4. *When I'm in a relationship, who do I believe I should be? For example, do I want to be supported, do I want to be the supporter, or do I want an equal partnership?*

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5. What limiting beliefs or judgments do I carry about other's expectations when it comes to my relationships? For example, my family and friends.

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6. What pattern or repetition do you notice in your past relationships? For example, dating emotionally unavailable men? List them here:

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7. In every relationship that failed, did you have a sense of the issue prior to it ending? Please list examples below.

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8. Have I given any thought to what I might need to change about myself prior to my next relationship? If so, please list examples.

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9. *In my past relationships, do I constantly think about changing a behavior in them rather than looking at my own behaviors?*

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10. *Do I continually revisit one past relationship over and over again? If so, why?*

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*THE HISTORY OF YOUR PAST RELATIONSHIPS*

1. *Please list all past relationships that exceeded 1 month.*

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2. *How long did the relationship last?*

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3. *Who began the relationship?*

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4. *How long did they last?*

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5. *Who ended the relationship?*

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6. *Why did the relationship end?*

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7. *Did the relationship stop and start several times? If so, why?*

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## **WHAT DO BEHAVIORS AND QUALITY REALTIONSHPHS HAVE IN COMMON?**

*There is a transition from our past behaviors to attracting quality relationships. While it may seem there are many steps involved, it isn't until you look deep into yourself and your core values that a true change can occur.*

*Creating a successful relationship and partnership depends on your motivation and your desire to attract that person in your life. Your values are the core sources for your motivation and desire for change to occur.*

## **GOVERNING FORCES IN A RELATIONSHIP**

Once your heart and mind process these questions, you'll discover what your heart is truly set on in a relationship thereby allowing you to move forward in fulfilling that desire of a happy and healthy relationship!

The values you accumulate throughout your life, and which you need to understand, are what prompt you to act in pursuit of your relationships.

What are the forces in your life that drive you into certain types of relationships? There are two motivating forces that govern you:

The right and positive motivation is the one that motivates you toward your goal; the one that inspires you, comforts you and gives you a feeling of happiness.

The opposite and negative element is where you are spurred on to act in order to avoid unpleasantness and discomfort in which there is no personal gain or feeling of happiness.

Using this very basic knowledge, you can begin to understand what it is you desire from a fulfilling, stable relationship and how your values can be affected.

**Question 1-When attracting a healthy happy relationship what is most important to you.**

List the top 10 values you believe you should have in a relationship:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Question 2-What feelings are associated with each of the above values?**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Reflection: Away from discomfort and toward inspiration.**

When you take time to reflect on your past relationships and any discomfort you may have, you take a step in the right direction – the direction of inspiration and comfort.



## **Take a moment to prioritize your values.**

Listing from 1 – 10, with 1 being the highest value in order of importance (understanding that each value is important).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## **BREATH, TAKE A MOMENT TO BREATHE.**

What feelings are stirred up as you list these values?

## ***FINALLY...***

When you look around at family members and/or your circle of friends, are there couples that you think have a lasting happy and healthy relationship?

What are those values in that particular relationship that you think keeps them happy and healthy? Are they different from yours?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## **Observe your list**

Once you've taken that deep breath and reassessed your lists, write down the elements you think are 'must have' values to create a happy and healthy relationship with the one you love.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## **Moving Onward Confidently!**

Congratulations! This is just one of many tools in my relationship toolbox that you are creating so you can move forward in a positive and constructive manner to attract and keep a happy and healthy relationship!

My other workbook entitled, *The Forgiveness Fundamentals*, is another essential tool that equips you in your daily life and relationships and helps you in keeping that momentum flowing!