

Knowing What Qualities Matter



Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.

Objective: Clients will learn what qualities matter most to each other by rating them and then identifying ways they can work together to achieve the qualities that are most important to them.

Audience: This tool can be used with couples, especially those who need help expressing their feelings and needs to ensure qualities that matter most are a regular part of their relationship. This tool can also be used with single individuals to help them think about qualities to look for in potential partners.

Estimated Time: 15-20 minutes

Educator Instructions: Use this tool to facilitate discussion about the qualities that matter most to each person. Make two (2) copies of the handout so each partner has one to fill out. To introduce the topic, begin with the Discussion Starter provided below or something similar. Explain the directions on the tool and encourage them to fill out the table. After they have rated the items, ask them to identify the two that are most important. Talk about how each person can work independently to build certain relationship qualities, as well as how the couple can work together to build these qualities.

Discussion Starter: Strong, healthy relationships have a number of different qualities in common – trust, good communication, commitment, and strong friendship just to name a few. This activity will help you think about ways you can work to make certain qualities present in your relationship. For example, if you mark “good communication” as most important, then what are some things you could do to improve communication with your partner? Well, you could remember to pay attention and listen carefully when your partner is speaking. Or you could say you will be sure your partner is not too tired or upset before you start a difficult conversation. Although some couples might think the same qualities are most important, others might identify different items. That’s okay! It just means you are each unique and you will need to work together to help build those qualities for each other.

Follow-up: During your next visit, ask how each individual has contributed to working on the qualities they identified as significant.



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Healthy relationships involve understanding what matters to each partner and working together to meet each other's needs. What relationship qualities matter most to you? To your partner?

Below are some qualities that most couples value and find important. Read through the following list and check each quality that you feel is **very important** to you. What qualities do you think are very important to your partner?

Very Important to:	Me	My Partner	
	<input type="checkbox"/>	<input type="checkbox"/>	Good communication
	<input type="checkbox"/>	<input type="checkbox"/>	Praise and appreciation
	<input type="checkbox"/>	<input type="checkbox"/>	Financial security
	<input type="checkbox"/>	<input type="checkbox"/>	Similar parenting styles
	<input type="checkbox"/>	<input type="checkbox"/>	Fun and excitement
	<input type="checkbox"/>	<input type="checkbox"/>	Commitment
	<input type="checkbox"/>	<input type="checkbox"/>	Fair division of labor
	<input type="checkbox"/>	<input type="checkbox"/>	Trust
	<input type="checkbox"/>	<input type="checkbox"/>	Similar spiritual/religious views
	<input type="checkbox"/>	<input type="checkbox"/>	Shared life goals
	<input type="checkbox"/>	<input type="checkbox"/>	Physical affection (not just sexual)
	<input type="checkbox"/>	<input type="checkbox"/>	Openness and honesty
	<input type="checkbox"/>	<input type="checkbox"/>	Strong friendship
	<input type="checkbox"/>	<input type="checkbox"/>	Interaction with extended family
	<input type="checkbox"/>	<input type="checkbox"/>	Dependability and responsibility
	<input type="checkbox"/>	<input type="checkbox"/>	Mutual respect
	<input type="checkbox"/>	<input type="checkbox"/>	Being courteous and not shaming
	<input type="checkbox"/>	<input type="checkbox"/>	Emotional support
	<input type="checkbox"/>	<input type="checkbox"/>	Healthy management of anger
	<input type="checkbox"/>	<input type="checkbox"/>	Acceptance of who you really are

Which two qualities above are **most** important to you and your partner? How can you both work together to make these a part of your relationship every day?

1. Quality: _____

I can: _____

Together we can: _____

2. Quality: _____

I can: _____

Together we can: _____

The more partners know about each other and work together towards things that are important, the stronger the relationship will be.