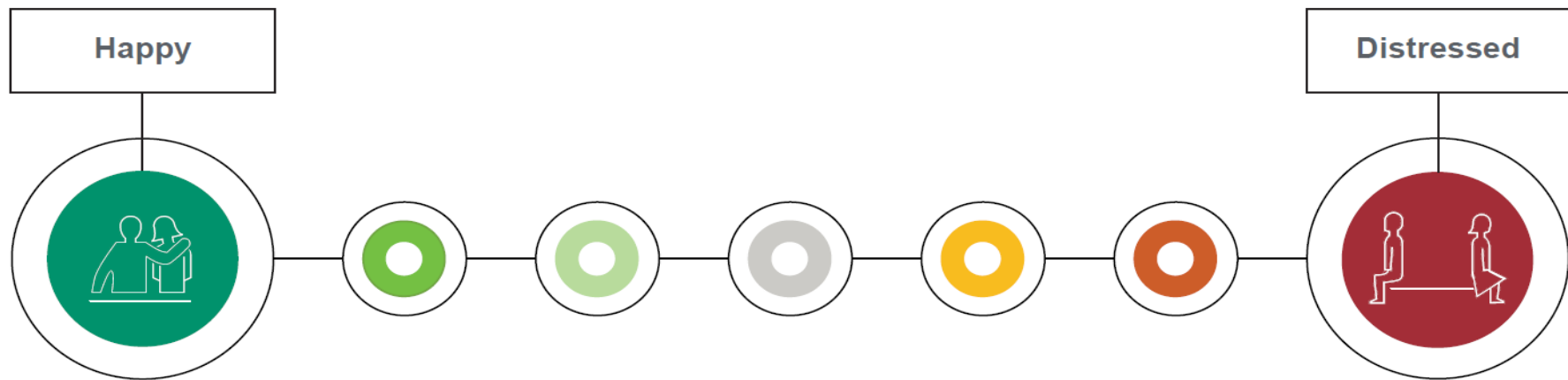


Relationship Scale

How are we doing?



The Relationship Scale can be used to think about;

- your relationship with the other parent in general
- specific times within the relationship or specific topics of conversation
- how you feel about the other parent
- how you feel when you are around the other parent

Do your feelings change in different situations or during difficult conversations?

Are other worries or influences causing additional tension or pressure?

What would need to change or how would things look different if you were to move one or two steps towards the happy end of the scale?