



— MAIN LINE —
COUNSELING PARTNERS

FITNESS TEST AND WORKOUT CALENDAR FOR YOUR RELATIONSHIP



MAIN LINE COUNSELING PARTNERS, A SMALL GROUP PSYCHOTHERAPY PRACTICE
USING EVIDENCE-BASED APPROACHES TO HELP PEOPLE FIND LESS DISTRESS
AND MORE CONNECTION IN THEIR LIVES

WWW.MAINLINECOUNSELINGPARTNERS.COM

By Laura Silverstein, LCSW
Certified Gottman Therapist

IS YOUR RELATIONSHIP IN GOOD SHAPE?

You probably know what you are “supposed” to do if you want to be in good physical health. Eat a balanced diet and exercise regularly. You’re probably on track some times more than others, but chances are you know what to do if you want to get in better shape.

When it comes to “Relationship Fitness”, you might not know what to do to stay in good shape. Unlike cardiovascular fitness, there is not much general knowledge out there about relationship fitness. You know how it feels when things are going well, and you know when things feel off. But you might not know why.

The following Fitness Test for Your Relationship will help you take a look to see which good habits you should keep up, and which target areas need to be strengthened. The Workout Calendar makes it easy to continue to prioritize your relationship in the midst of your busy routine. Both of these tools are based on 40 years of researching over 3,000 couples.

Congratulations on your commitment to learning about what makes a solid, loving, romantic partnership.

Start by filling out the Fitness Test

FITNESS TEST FOR YOUR RELATIONSHIP

What kind of shape is your relationship in?

Instructions: Check off the statements below that are true most of the time

- ♥ I would describe my partner as my best friend
- ♥ I have a pretty good idea what is stressing my partner out right now
- ♥ We look forward to spending time alone together
- ♥ When my partner and I disagree about something we are able to talk about it calmly (most of the time)
- ♥ I talk to my partner about what's going through my mind
- ♥ I have a lot to learn from my partner
- ♥ We are pretty good at expressing appreciation and fondness toward one another
- ♥ I am committed to my partner for better or for worse
- ♥ I trust that my partner is not keeping major secrets from me
- ♥ My partner is receptive to me when I reach out
- ♥ We are pretty good at managing logistics together (for example running a household)
- ♥ I feel that my partner supports my life goals
- ♥ My thoughts about my partner are generally positive
- ♥ We take the time to slow down and connect with a hug or kiss goodbye when we go our separate directions for the day

Fitness Test Scoring Key

♥ 12-14 Olympic Athlete:

Keep up the good work, your relationship is in great shape! Don't underestimate the importance of maintenance though, so keep doing what you're doing to avoid beginning to take one another for granted.

♥ 8-11 Varsity Starter:

You have a great thing, and see the value in your relationship but also have some trouble spots. Take a look at your problem areas and make sure to set aside time and energy for your relationship.

♥ 4-7 On the Bench:

The potential is there for the two of you, but things aren't going as well as they could right now. Consider sharing this exercise with your partner and committing to the Workout Calendar.

♥ 0-3 Call in the medic:

You started this relationship off with the best intentions, but things seem to have gone South. You might benefit from some professional guidance to help you turn things around. Research shows that most people wait 7 years before asking for help. The sooner you start the easier it will be.

No matter what your score, use the attached Relationship Workout Calendar to make sure you are taking care of your relationship health on a regular basis.

WORKOUT CALENDAR

Take charge of your relationship by following this workout schedule to strengthen your relationship.

Daily

Mon Tue Wed Thu Fri Sat Sun

Hug and/or kiss

(for 3-6 entire seconds)



Catch your partner being awesome
(and say so out loud)



Check in about your day



Weekly

1 2 3 4

Synch your calendars for the upcoming week



Date Night



Weekly check-in:

(This is the time to bring up something you are unhappy about in the relationship. Make sure you raise sensitive topics thoughtfully and respectfully in a non-critical manner.)



Monthly

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Talk about life goals



Do something extra-special
for your partner.



Yearly

1

Fulfill a life goal



RESOURCES:

RESEARCH: These exercises are based on the ground-breaking research of Dr. John Gottman and his team. They are world-renown in the field, and probably most famous for their ability to predict divorce with over 90% accuracy. What many people don't explain is that this is only true for couples who continue on the same path without making changes.

The Gottman Method is a practical structured approach which is accessible for couples to learn through multiple modalities, including books, weekend workshops, intensive therapy, and traditional couples therapy. Click this link to find the kind of support that is right for you: www.gottman.com.

ABOUT THE AUTHOR:



Laura Silverstein, LCSW is a Certified Gottman Therapist. She is the owner and clinical director of Main Line Counseling Partners, a group psychotherapy practice in Philadelphia Suburb, Bryn Mawr, PA. In addition to her work as an individual, family and couples therapist, she is a writer, an educator and a trainer. She uses her skills to help people find more clarity, happiness and connection in their lives and relationships.

Laura is devoted to sharing secrets about what leads to long term relationship happiness so that all couples have the information they need to maintain healthy happy relationships.

DISCLAIMER: We hope that you find this Relationship Fitness Test and Workout Calendar informative and thought-provoking. Please be advised that in no way does it replace formal assessment and treatment from a licensed mental health professional.

For more information quizzes and advice please visit
www.mainlinecounselingpartners.com