

Relational Skills Checklist for Couple's Therapy Roadmap		
<p><i>Instructions</i></p> <p><i>Determine to the best of your ability the level of relational skills that each partner demonstrates according to your observation.</i></p> <p><i>Whenever specific instructions are not present, simply use “✓” for an acquired skill, “?” for a partially developed skill and “≠” for a non-existent skill to assess the relational skills levels. Pay close attention to any “non-existent” results.</i></p>		
Initials ►	Partner A	Partner B
I. Relational Chemistry (Socio-physiologically based)		
1) Physical Attraction		
2) Passion		
3) Common interests		
4) Double-Bind Chemistry (CLV, Schema or Transference)		
II. Relational Autonomy (Intellectual skills)		
1) Internal Locus of Control		
2) Existential Positioning (OK or ≠ OK)		
3) Ego State // Schema Modes (P, A, C // AC, LC)		
4) Inter-Directedness (Specify Self or Other if PD or NE)		
5) Relational Object Constancy		
III. Emotional Autonomy (Emotional Skills)		
1) Regulation of Affect		
2) Soothing (self and other)		
3) Grieving (i.e. letting go) / Acceptance of other as different & OK		
IV. Relational Intimacy (Inter-Dependency Skills)		
1) Empathy		
2) Identification of (own) Needs		
3) Expression of Needs		
4) Collaboration of Needs		
5) Relenting / Reconciliation		
V. Commitment (Bonding / Cementing Skills)		
1) Optimism / Hope (e.g.: “We’ll be OK”)		
2) Re-Engagement (e.g.: “It’s tough, but we’ll manage... and stay”)		
Total of acquired skills (✓) ►		