



Beyond Our Love

Self-Reflection Worksheet

12 Essential Commandments for preserving the exceptional relationship



Our intention for creating this worksheet is to provide a guideline of natural awareness, for the purpose of rewarding couples with the outcome of an exceptional relationship.

“Reflective thinking turns experience into insight.”

— Author Unknown

Name:

Date:

This worksheet is designed to help you build an exceptional relationship, whether you're dating, preparing for marriage, or looking to improve your marriage—not just for those facing struggles.

Instructions:

Each person should complete their own worksheet individually, then come together (like on a date night) to compare responses. Treat this as an opportunity to learn and grow, not a time for criticism.

This worksheet complements your Pairfection.us Side-by-Side reports, helping highlight common areas often overlooked. The Side-by-Side reports clarify natural behaviors and can be completed in any order.

Preparation:

If there's any sensitivity in your relationship, start by preparing your hearts. Consider holding hands and praying together, or doing something meaningful to you both.

Confidential

The results from this worksheet are not stored or used for any purpose. It's simply a self-help tool for your personal growth.

On a scale of 1-5, (1 being low or not applicable, and 5 being high or very applicable) RANK the intensity of how each of the following applies to you and your relationship.
(Each person should complete separately and compare later)

1. **Trust:** Trust is the foundation of any strong relationship. Without it, misunderstandings, misinterpreted comments, and misread body language can easily cause harm, no matter how good your intentions are.

Do you feel trusted?

Thoughts

No Yes N/A
① ② ③ ④ ⑤ ○

2. **Communication:** Open, healthy conversations are vital, whether during good times or under stress. They foster understanding and strengthen your relationship. However, for some, open discussions can be naturally more difficult, and stress can make effective communication even more challenging.

How well do you feel understood?

Thoughts

No Yes N/A
① ② ③ ④ ⑤ ○

3. **Personality Differences:** Understanding each other's natural behaviors goes beyond guesswork. To truly meet each other's needs, you must fully understand each other's personality. Simply observing over time isn't enough, as the consequences of misunderstanding can be too painful.

Do you know their needs?

Thoughts

No Yes N/A
① ② ③ ④ ⑤ ○

4. **Honor:** When a couple learns to honor each other, something beautiful unfolds. The relationship elevates through thoughtful, small acts that uplift one another. This could mean doing something you'd rather avoid because your partner values it or taking care of yourself for their benefit.

Do you feel honored?

Thoughts

No Yes N/A
① ② ③ ④ ⑤ ○

"Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen."

— Winston Churchill

5. **Selfless Love:** While relationships often start with attraction, they grow and endure through commitment. True love goes beyond desire—it's about unconditional acceptance without judgment or comparison. The key to making your partner feel truly loved lies in giving selflessly to one another.

Do you feel loved?

Thoughts

No Yes N/A
① ② ③ ④ ⑤

6. **Overcoming Offenses:** Behavioral differences often lead to predictable challenges, such as feeling hurt by things said, done, or left unsaid. Overcoming these challenges requires not taking things personally, avoiding keeping score, and embracing the power of forgiveness. Since we're all imperfect and prone to both offending and being offended, openness and humility are essential to closing the gap and strengthening your relationship.

Is it easy for you to forgive?

Thoughts

No Yes N/A
① ② ③ ④ ⑤

7. **Anger Issues:** Your tone of voice often speaks louder than your words. A harsh tone can lead to frustration, impatience, and anger, gradually damaging the relationship. By using a respectful and caring tone, you can help maintain peace and show honor toward each other's needs.

Is tone an issue?

Thoughts

No Yes N/A
① ② ③ ④ ⑤

8. **Life Stress:** Everyday challenges like family issues, job pressure, finances, and health concerns can strain your relationship. These stressors can drive a wedge between you if not addressed. Remember, two heads are better than one—talk openly about your stresses, support each other, and commit to not letting them create conflict.

Are you feeling stressed?

Thoughts

No Yes N/A
① ② ③ ④ ⑤

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9. **Romance and Quality Time:** Many couples stop courting after marriage but making time for each other regularly shows that your relationship remains a priority. In a world full of distractions, setting aside focused time together is key to keeping the connection strong. Plan activities you both enjoy and make it a habit to nurture your bond.

Do you receive quality time?

No Yes N/A
 1 2 3 4 5

Thoughts

10. **Sex:** A lack of physical and emotional intimacy can create distance in a relationship. When needs go unmet, the temptation to seek fulfillment elsewhere grows. While attraction to others is natural, it's the second glance or deeper emotional connection that crosses boundaries. In marriage, physical touch and emotional intimacy strengthen the bond, but outside of it, they can be harmful and destructive.

Are your sexual needs being met?

No Yes N/A
 1 2 3 4 5

Thoughts

11. **Money Matters:** Money can be a challenging topic in relationships, often because of differing mindsets, values, and habits. Whether it's spending vs. saving, spontaneity vs. budgeting, or risk-taking vs. caution, understanding each other's financial behaviors is crucial to navigating this sensitive and potentially volatile area.

Is money handling a concern?

No Yes N/A
 1 2 3 4 5

Thoughts

12. **Addictions:** Self-control is vital for a healthy relationship, but addictions can undermine it. Whether it's unhealthy habits with food, technology, shopping, gambling, pornography, or substances, these compulsions can have harmful effects on both you and your relationship. Recognizing and addressing them is essential for long-term success.

Is there addiction hidden in your relationship?

No Yes N/A
 1 2 3 4 5

Thoughts

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**Take a few minutes to document desired goals, aspirations
and the time line by when you would like to receive your results.**

My Desired
Results:

Date:

PRINT

Congratulations!

Now that you've completed the **Beyond Our Love Worksheet**, remember to slow down from life's demands. Practicing *Listening*, *Learning*, and *Talking* is key to deepening your connection and fostering real growth in your relationship.

As you wrap up your **Beyond Our Love** discussion with your partner, consider revisiting this process by focusing on one word each month for 12 months, starting with "Trust."
This will keep your relationship growth intentional and ongoing.

This simple practice serves as a regular reminder to prioritize your relationship.
Like anything valuable, relationships need care and attention.
By intentionally learning each other's needs,
your journey together will lead to a happy and fulfilling outcome.

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