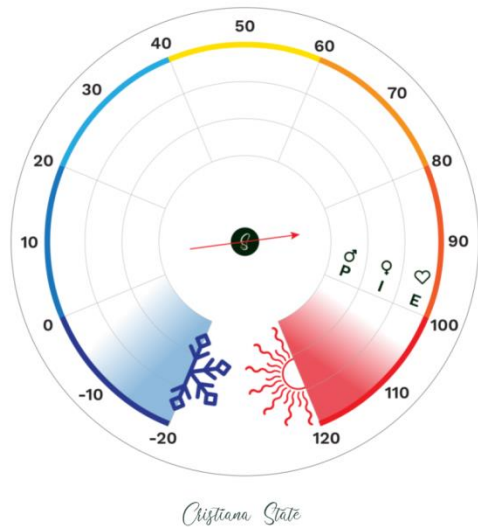


Relationship Thermometer



Relationship Thermometer

The Thermometer is a self-assessment instrument which I invite you to use to evaluate your temperature in **relation to yourself** or to evaluate the **temperature of your relationship!**

Look at the scale from 120 to -20 and let your gut feeling find the area you're in at this time.

The temperature may differ in some periods of your life, so when you make the evaluation, think about the average temperature of the last month.

A. For Personal Assessment

B. For Couples Assessment

A. For Personal Assessment

Step 1. Measure the temperature in relationship to yourself NOW (average of the last month). It is about evaluating where you are now, not where you were once, or where you would like to be.

You may think about following aspects of your life:

- **Physical:** Health – Health conditions; High physical activity – Low physical activity; Rest-Fatigue; Nutrition; Addictions; Time for yourself – Lack of time;
- **Intellectual:** You have most of the time positive thoughts – negative thoughts; Self-esteem or lack of self-esteem; Motivation – Lack of motivation; Responsibilities; Personal and professional development activities; Communicate with others feels easy or hard; Projects you are involved in give you pleasure or are exhausting;
- **Emotional:** Most emotions you feel about yourself are positive or negative; You feel peaceful and satisfied or in a permanent struggle ; Most of the time, your focus is in the Past, Present or Future; You evaluate yourself as being empathetic or not so; Flexibility – Lack of flexibility; Are you in control of your impulses – lack of control; You find it hard to cope with stress or are you in balance;

Step 2. My recommendations, according to the “temperature” you have at the moment:

120-90 → Congrats! I am happy for you! It’s great that you are enjoying your time and life. You know how to be balanced and live your life with purpose and in harmony 😊

90-70 → I would recommend you to access the **Performance Coaching Process** for individuals; For more information, visit the website, at the section *Train with me*

70-50 → I would recommend you to access the **Development Coaching Process** for individuals; For more information, visit the website, at the section *Train with me*

50-30 → I would recommend to access the **Back-in-Balance Coaching Process** for individuals; For more information, visit the website, at the section *Train with me*

30-0 → I would recommend you to get in touch with a psychotherapist and seek support in **individual therapy**.

0 to -20 → I would recommend you to get in touch with a psychotherapist and seek support in **individual therapy**.

B. For Couples Assessment

Step 1. Evaluate the temperature YOU feel your relationship has NOW (average of the last month). It is about measuring where you are now, not where you were once, or where you would like to be.

You may think about following aspects of your relationship:

- **Physical:** Health – Health conditions; High physical activity – Low physical activity; Rest-Fatigue; Nutrition; Addictions; Quality time together with your partner– Lack of time; High-Low Sexual activity; Physical activities you are doing together with your partner;
- **Intellectual:** You have most of the time positive thoughts – negative thoughts about the relationship; Self-esteem or lack of self-esteem; Motivation – Lack of motivation; Responsibilities are shared ok between the two of you; Personal and professional development activities; Communicate with your partner feels easy or hard; Projects you are together involved in give you pleasure or are exhausting;
- **Emotional:** Most emotions you feel about yourself and the relationship are positive or negative; You feel peaceful and satisfied in your relationship or in a permanent struggle; Most of the time, your focus is in the Past, Present or Future; You evaluate yourself as being empathetic or not so; How empathetic is your partner; Flexibility – Lack of flexibility; Are you in control of your impulses – lack of control; find it hard to cope with stress or are you in balance; How emotionally connected do you feel with your partner?

Step 2. Ask your partner to evaluate the temperature HE/SHE feels your relationship has NOW (average of the last month). It is about measuring where he/she is now, not where he/she was once, or where he/she would like to be.

Step 3. Make the average of the two results → The result is the actual temperature of your relationship.

Why average? Because in the relationship there are two of you! Both of you are equally important; equally responsible of the wellbeing of the relationship;

It is absolute normal that partners invest, give, support differently, in different moments of their life. There are times where one partner is more understanding and supportive in the relationship, while other times, the other partner takes over the lead and responsibility and

invests maybe more in the relationship. This is why the average of your results mirrors back the true temperature of the relationship.

More than that, partners perceive differently the status quo of the relationship, because people are different, we have different expectations, we have different levels of sensitiveness, different needs, and the true temperature of your relationship can't be accurately established by only one of you.

Identify together with your partner where you would like to be in the future.

Which temperature would be suitable for both of you?

Step 4. My recommendations, according to the areas you find yourself at the moment:

- **120-90 → Congrats!** I am happy for both of you! It's great that you are enjoying your time and life together. You know how to make your partner feel being loved at the same time you feel being loved 😊 Keep doing this!
- **90-70 →** I would recommend to access the Coaching Process for partners called **"RE-Performance"** (Relationship Performance)
For more information, visit the website, at the section [Train with me](#)
- **70-50 →** I would recommend to access the Coaching Process for partners called **"RE-Development"** (Relationship Development)
For more information, visit the website, at the section [Train with me](#)
- **50-30 →** I would recommend to access the Coaching Process for partners called **"RE-Balance"** (Relationship Balance)
For more information, visit the website, at the section [Train with me](#)
- **30-0 →** I would recommend to get in touch with a psychotherapist, and seek support in **individual or couple therapy.**
- **0 to -20 →** I would recommend to get in touch with a psychotherapist, and seek support in **individual therapy.**