RELATIONSHIP WORKSHEET · FOR COUPLES

Relationship Compatibility

What it really looks like, and where the two of you stand.

David Robles, LMSW · Therapy by David

Compatible doesn't mean identical. It means you're headed in the same direction.

WHAT THIS IS

A private worksheet for the two of you.

Each of you answers the same questions on your own, then you sit down and compare. It covers what you value, how you connect day to day, and how you differ. It's for couples at any stage: dating, engaged, or married for decades. You don't have to be in therapy to use it, and nothing has to be wrong.

WHY USE IT

Being different isn't the problem.

A lot of couples worry they're "not compatible" because they like different shows or different ways to spend a Saturday. That kind of difference is normal. Relationship researcher John Gottman found that about 69% of the conflicts couples have are *perpetual*. They come from lasting differences in personality and never fully go away. Couples who last don't erase those differences. They learn to talk about them with respect.

> **What does need to line up is the foundation:** your values, your ethics, and where you want your life to go. It's easy to argue about the surface for years and never talk about this. Here, you look at it on purpose.

WHAT YOU CAN COME AWAY WITH

- ✓ **A clearer picture** of where you're already strong.
- ✓ **The real gaps, named.** You see where you're far apart on something that matters, instead of guessing.
- ✓ **A better sense of what's normal** and what deserves real attention.
- ✓ **A way to have the conversation,** with ground rules for when it gets hard.
- ✓ **One specific next step** from each of you this week.

This isn't a test. There's no score that says stay or go, and one conversation won't settle everything. It's a map of where you're already strong and where to build.

HOW TO USE THIS

1. **Each of you fills out your own copy.** Do it alone, and be honest.
2. **Pick a calm time to compare.** Not right after an argument, and not late at night.
3. **Listen to understand, not to win.** Page 4 walks you through it.
4. **Decide what's next.** Start with one thing. If you keep getting stuck in the same place, take both copies to a couples therapist.

WHAT YOU'LL LOOK AT: THREE LAYERS

FOUNDATION
Needs to line up · Part 2
Values, honesty, commitment, and the big life goals: family, money, faith, where you want to live.

CONNECTION
Built through practice · Part 3
How you talk, listen, fight, make up, have fun, and show love. These are skills, and they can get better.

DIFFERENCES
Room to be yourselves · Part 4
Interests, energy, habits, and style. Often part of what drew you to each other in the first place.

NAME _____

PART 1

What does compatibility look like to you?

Answer in your own words. There are no wrong answers here.

1 What does being compatible mean to you?

2 Think of a recent good day together. What made it work?

3 What do the two of you do well together without even trying?

4 What's one difference between you that you've come to appreciate?

5 Which difference worries you most? What are you afraid it means?

PART 2

The foundation: values and direction

Circle how much each area **matters to you** (1 = not much, 5 = a lot) and how **aligned** you think you are (1 = far apart, 5 = same page).

AREA	MATTERS TO ME	WE'RE ALIGNED
Honesty and trust	1 2 3 4 5	1 2 3 4 5
Commitment What being exclusive and "all in" means	1 2 3 4 5	1 2 3 4 5
Marriage, kids, and family plans	1 2 3 4 5	1 2 3 4 5
Money Spending, saving, debt	1 2 3 4 5	1 2 3 4 5
Faith or spirituality	1 2 3 4 5	1 2 3 4 5
Career and ambition	1 2 3 4 5	1 2 3 4 5
Where and how we want to live	1 2 3 4 5	1 2 3 4 5
Alcohol, weed, and other substances	1 2 3 4 5	1 2 3 4 5
How we treat other people	1 2 3 4 5	1 2 3 4 5
Personal growth and working on ourselves	1 2 3 4 5	1 2 3 4 5

→ Where are we far apart on something that matters a lot to one of us?

NAME _____

PART 3

Connection: the day-to-day

Circle how each area feels **right now** (1 = struggling, 5 = strong). Then name one small thing that would help.

AREA	RIGHT NOW	ONE THING THAT WOULD HELP
Talking and feeling heard	1 2 3 4 5	
Affection and physical touch	1 2 3 4 5	
Sex and intimacy	1 2 3 4 5	
Fun, play, and laughter	1 2 3 4 5	
Time together and time apart	1 2 3 4 5	
Handling disagreements	1 2 3 4 5	
Making up after a fight	1 2 3 4 5	
Support when life gets hard	1 2 3 4 5	
Showing appreciation	1 2 3 4 5	

PART 4

Differences: where you each land

On each line, mark where **you** are, then where you think **your partner** is. Distance isn't bad. It's just information.

Introvert	ME / PARTNER	Extrovert
Homebody	ME / PARTNER	Always on the go
Planner	ME / PARTNER	Spontaneous
Saver	ME / PARTNER	Spender
Talk it out right away	ME / PARTNER	Need space first
Neat and organized	ME / PARTNER	Relaxed about mess
Lots of together time	ME / PARTNER	Lots of alone time

→ **Which of your differences do you actually enjoy?**

→ **Which one causes the most friction? Can you work with it?**

NAME _____

PART 5

Compare notes together

Set aside 30 to 45 minutes. Sit side by side with both copies and go one part at a time.

One person talks at a time.
The other person's only job is to listen.

Get curious, not defensive.
Try: "Tell me more about that."

Say back what you heard.
"So what you're saying is..." Then answer.

No verdicts tonight.
The goal is understanding, not deciding.

Take a break if you get flooded.
If your heart is racing, you want to shut down, or you want to walk out, say so. Take at least 20 minutes to calm down, do something soothing, and come back to it.

TALK THROUGH

1 **Where are we already on the same page?**

2 **Where did we rate things differently, and what's behind that?**

3 **Which of our differences can we work with, or even enjoy?**

4 **Is anything a true dealbreaker for either of us?**

THIS WEEK

One thing I will do:

One thing I'd love from you:

"If you can have one good day together, you can have another. Build from there."

DAVID ROBLES, LMSW

A note on safety: if talking about any of this ever feels unsafe, or you're afraid of how your partner will react, don't do this exercise together. Talk privately with a therapist or counselor you trust first.