



## INTERDEPENDENCE INVENTORY

Answer the following questions honestly and thoroughly. Then on the right, mark on a scale of 1 to 5, with 1 being struggling and 5 mastering, how well you've done in the past at this skill, and how well you're doing now.

	PAST	NOW
How well am I supporting my partner's individuality?		
Am I doing activities to improve my self-worth so that I bring more of myself to the relationship?		
Am I supportive of my partner doing solo activities to promote a healthy balance?		
Am I able to listen to and sympathize with my partner's challenges without rescuing or worrying to the point of preoccupation?		

Then, whichever has the lowest score *now*, that is what you should work on first.

