

Blueprint for change couples worksheet

What are our strengths as a couple	What are our weaknesses as a couple	How can I use my strengths to strengthen our relationship	How can I overcome my weaknesses

Strengths:

1. Be empathetic
2. Listen to each other
3. Be caring
4. Help each other
5. Be compassionate towards each other

weaknesses:

- Not giving time to each other
- Not caring for each others needs
- Being selfish for oneself in couple