**ALD Couples Worksheet**

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**Part 1: Relationship Assessment**

1. Rate your overall satisfaction with your relationship on a scale from 1 to 10.
2. List three things you appreciate or love about your partner.

1.

2.

3.

1. List three areas of improvement you would like to see in the relationship.

1.

2.

3.

**Part 2: Roles and Responsibilities**

1. List daily tasks and responsibilities related to managing ALD (e.g. doctor appointments, medication management, household chores).
2. List how these responsibilities are currently divided.
3. Identify any areas where adjustments could be made.

**Part 3: Communication**

1. Reflect on a recent conflict you had with your partner connected to your (or a family members) ALD diagnosis. Describe it briefly.
	* How did it make you feel?
	* How did you respond?
2. What communication patterns do you notice in your relationship during conflicts?
	* Do you tend to avoid conflict?
	* Do you both actively listen to each other?
	* Do you use "I" statements or "You" statements?
3. Discuss one way you think you could improve communication during conflicts.

**Part 4: Emotional Connection**

1. How do you and your partner typically express affection towards each other?
2. Reflect on a time when you felt emotionally disconnected from your partner. What caused it?
3. List three activities or gestures that make you feel emotionally connected to your partner.

1.

2.

3.

**Part 5: Intimacy**

Reflect on how ALD has impacted intimacy within your relationship. Share any concerns or frustrations.

**Part 6: Problem-Solving (work with your partner)**

1. Choose one current issue or challenge in your relationship connected to ALD that you and your partner both agree needs addressing.
2. Discuss each of your perspectives on the issue.
3. Brainstorm potential solutions together.
4. Agree on one action step you can take to address the issue moving forward.

**Part 7: Future Goals (work with your partner)**

What are your goals for the relationship?

**Closing Thoughts:**  Remember that building a strong relationship requires ongoing effort, communication, and understanding. Use this worksheet as a tool to continue growing together as a couple.

*Note: This worksheet is intended to facilitate open and honest communication between partners. It's essential to approach each section with empathy, respect, and a willingness to listen to each other's perspectives.*