

Personal Traits in Relationships

To what extent do you think that you and your partner possess the following personal strengths in your relationship? Most people have 3-5 “Top strengths” for themselves and 3-5 for their partner.

Check 3 to 5 for yourself and 3 to 5 for your partner.

Personal Trait or Character Quality	My Top Strengths	Your Top Strengths
Staying committed to the relationship, despite difficulties		
Showing love and affection		
Being friends with each other		
Using faith or religion to improve our relationship		
Showing kindness		
Communicating positively		
Forgiving when I am wrong or have offended		
Being gracious for faults or weaknesses		
Showing compassion when the other is suffering or struggling		
Trusting		
Retaining perspective even in overwhelming situations		
Being willing to take risks for the relationship when needed		
Persevering with goals for our relationship despite obstacles		
Listening to the other		
Being aware and attuned to the other		
Acting as a team together		
Showing gratitude for the good things in our life		
Refraining from acting when it is unwise or unwanted		
Controlling emotions or desires when needed		
Using positive humor		
Treating the other with fairness		
Staying humble, not arrogant or self-righteous		

