

Assessing Your Relationship Post-Kid(s)

Each partner should fill in this chart separately. For each particular topic, both partners should write down their feelings before and after kids, and then together they can come up with a solution on how to address each issue. This is not a time for blame; the goal is to unify and seek solutions for making the relationship better.

Post-Kid(s) Relationship Assessment			
<i>Topic</i>	<i>Before Kids</i>	<i>After Kids</i>	<i>Solution</i>
Communication			
Time management			
Work schedule			
Routine			
Responsibilities			
Priorities			
Social life			
Finances			
Emotional changes			
Sex life			