

Moving forward

This activity will help you to bring together what you have learnt so far and consider how you move forward.

This stage can be quite difficult. It is focused on identifying what actions you need to take individually and together to move forward. Going through this guide may have brought you closer together as a couple. It may have also led to difficult conversations and a realisation that your relationship may not continue. By agreeing the actions together, you can identify what you each need to do to move forward in your lives.

How to use this tool

- 1 Respond to the questions over the next few pages individually.
- 2 Share your responses with your partner - and ask them to share their responses with you.
- 3 Look at the areas where you have similarities and the areas where you have differences.
- 4 Use this knowledge to consider what actions you need to take - both individually and jointly.



Rating review

After completing this toolkit, how would you score your relationship with your partner

On a scale of 0-10



What you can do

What can you do to make your child feel more happy in your family?

What can you do to make you happier in yourself and in your family?

What can you do to make your partner feel more loved and respected?

What your partner can do

What can your partner do to make your child feel more happy in your family?

What can your partner do to make you happier in yourself and in your family?

What can your partner do to make you feel more loved and respected?

What can your partner do to help you move forward?

What other questions would you like to ask your partner?

What you can do together

What can you do as a partnership to make your child feel more happy in your family?

What can you do as a partnership to help you move forward?

What goals will you work towards together?

What key actions have you jointly identified to take:

In partnership with

