

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Perfect Relationship Form

Under each area listed below, write down the behaviors that would represent an ideal relationship. Be brief, be positive, and state in a specific and measurable way what you would like to see occur.

1. In Household Responsibilities, I would like my partner to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

2. In Raising the Children, I would like my partner to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

3. In Social Activities, I would like my partner to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

4. In Money Management, I would like my partner to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

5. In Communication, I would like my partner to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. In Sex and Affection, I would like my partner to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

7. In Job or School, I would like my partner to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

8. In Emotional Support, I would like my partner to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

9. In Drinking or Drug Use, I would like my partner to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Adapted from *Clinical Guide to Alcohol Treatment: Community Reinforcement Approach*  
(Meyers & Smith, 1995)