

Supplemental Material S9. Relationship roles questionnaire: worksheet.

Participant ID #s: _____

Date: _____

RELATIONSHIP ROLES QUESTIONNAIRE (RRQ) – WORKSHEET

Negotiate an area you would both like to focus on as a couple:

- What is impacting your relationship and home the most right now?
- In which area is it most important for both of you to see change?

Discuss what you value about this area:

- Why is it important to you and your family to see improvement in this area?
- What would be an ideal outcome?

Brainstorm possible solutions to seek improvement in this area:

Write down a specific goal for improvement in this area – what would it look like?

What would be signs that the plan is not going smoothly; and we need to discuss tweaks to our plan?

- What would be signs that things are not going according to plan?
- What would you feel or notice that suggests you need more help?
- What might be something you notice suggesting your spouse needs more help?

Communication Plan: What is the best way to approach one another?

Communication strategies: