

The 19-Point Relationship Alignment Tracker

Companion worksheet for the live masterclass · Saturday 26 September 2026, 8:00 pm AEST

How to use this

Work through it on your own, honestly. It takes about ten minutes.

1. Read each statement and tick

Fine

or

Needs work

. There is no right answer.

2. Some areas only apply to some people. Where you see the shaded line, tick

Not relevant

and skip that area.

3. Count the “needs work” ticks per area, then total them at the end.

4. Bring it to the live session — we work through it together.

1 Everyday stress

When life gets heavy, we carry it well together.

	Fine	Needs work
We help take the load off each other on hard days.	☐	☐
I can tell my partner what is stressing me out.	☐	☐
When I do talk about stress, the conversation actually helps.	☐	☐
My partner listens to my worries without fixing or dismissing them.	☐	☐
My partner brings work or outside stress home and aims it at me.	☐	☐
My partner's stress spills onto other people in our life.	☐	☐

Marks in the “needs work” column: ____ / 6

2 Emotional closeness

We are staying emotionally connected rather than drifting apart.

	Fine	Needs work
We still just talk to each other, about nothing in particular.	☐	☐
I feel emotionally in touch with my partner day to day.	☐	☐
I feel taken for granted.	☐	☐
I don't think my partner really knows who I am right now.	☐	☐
One of us has checked out emotionally.	☐	☐
We spend real time together, not just time in the same room.	☐	☐

Marks in the "needs work" column: ____ / 6

3 Stuck disagreements

We work our disagreements through rather than getting stuck on them.

	Fine	Needs work
Differences have opened up between us that feel fundamental.	☐	☐
Those differences feel like they can never be resolved.	☐	☐
We are living alongside hurts we never cleared up.	☐	☐
Each of us is digging further into our position.	☐	☐
It feels like I will never get the thing I am hoping for.	☐	☐
I worry these issues could do lasting damage to us.	☐	☐

Marks in the "needs work" column: ____ / 6

4 Romance and affection

There is still warmth and romance between us.

	Fine	Needs work
My partner still says affectionate things to me.	☐	☐
Love and admiration get expressed out loud.	☐	☐
We touch each other in passing.	☐	☐
One of us has stopped feeling romantic.	☐	☐
We still cuddle.	☐	☐
We have tender or passionate moments.	☐	☐

Marks in the "needs work" column: ____ / 6

5 Sex and physical intimacy

This part of our relationship is working for both of us.

	Fine	Needs work
How often we have sex works for both of us.	☐	☐
Sex is satisfying for both of us.	☐	☐
We can talk about sex without it turning into a fight.	☐	☐
We want quite different things sexually.	☐	☐
Desire has become a problem for one or both of us.	☐	☐
There is affection in our lovemaking, not just mechanics.	☐	☐

Marks in the “needs work” column: ____ / 6

6 A big life event

Something major has happened recently — a move, a job change, an illness, a loss — and we are handling it well.

Only if this applies: Has a major life event hit you recently? **Yes** ☐ **Not relevant** ☐

	Fine	Needs work
We see very differently how this should be handled.	☐	☐
This has made my partner distant.	☐	☐
This has made us both short-tempered.	☐	☐
This has led to a lot of fighting.	☐	☐
I am worried about how it will turn out.	☐	☐
We are taking up opposite positions on it.	☐	☐

Marks in the “needs work” column: ____ / 6

7 Children and parenting

We are on the same page about children.

Only if this applies: Are there live issues about children — including whether to have them? Yes ☐ Not relevant ☐

	Fine	Needs work
We want different things for our children.	☐	☐
We disagree about what should be disciplined.	☐	☐
We disagree about how to discipline.	☐	☐
We differ on how close a parent should be to a child.	☐	☐
We are not talking these things through well.	☐	☐
There is real tension or anger about these differences.	☐	☐

Marks in the “needs work” column: ____ / 6

8 In-laws and extended family

Extended family is not a source of strain for us.

Only if this applies: Are in-laws or relatives a live issue? Yes ☐ Not relevant ☐

	Fine	Needs work
I don't feel accepted by my partner's family.	☐	☐
I sometimes wonder which family my partner belongs to.	☐	☐
I don't feel accepted by my own family about this.	☐	☐
There is tension between us about what might happen next.	☐	☐
This has made one or both of us irritable.	☐	☐
I am worried about where this is heading.	☐	☐

Marks in the “needs work” column: ____ / 6

9 Jealousy and attention elsewhere

Attraction to other people is not an issue between us.

	Fine	Needs work
My partner is flirtatious with other people.	☐	☐
I get jealous and it affects how I act.	☐	☐
My partner gets jealous and it affects how they act.	☐	☐
We disagree about what counts as crossing a line.	☐	☐
I don't feel like the priority.	☐	☐
This comes up in arguments.	☐	☐

Marks in the “needs work” column: ____ / 6

10 Trust and betrayal

Trust between us is intact.

Only if this applies: Has there been a betrayal, or do you suspect one? Yes ☐ Not relevant ☐

	Fine	Needs work
I am not sure I am being told the truth.	☐	☐
Something happened that has not been fully talked about.	☐	☐
I check up on my partner.	☐	☐
I don't know whether we can come back from this.	☐	☐
One of us is still not taking responsibility.	☐	☐
I can't picture trusting again the way I did.	☐	☐

Marks in the "needs work" column: ____ / 6

11 How we fight

When disagreements come up, we get through them without it turning ugly.

	Fine	Needs work
Arguments escalate faster than either of us intends.	☐	☐
Things get said that are hard to take back.	☐	☐
One of us shuts down and walks away.	☐	☐
One of us keeps score.	☐	☐
We repair afterwards and actually clear the air.	☐	☐
The same fight keeps coming back in a different costume.	☐	☐

Marks in the "needs work" column: ____ / 6

12 Values and life goals

We are broadly in step on values and where life is going.

	Fine	Needs work
We want different things out of the next five years.	☐	☐
What matters most to me is not what matters most to them.	☐	☐
We disagree about where we should live or how we should live.	☐	☐
We can talk about the big picture without it becoming a fight.	☐	☐
I have quietly given up on something important to me.	☐	☐
We still build plans together.	☐	☐

Marks in the "needs work" column: ____ / 6

13 Serious harm

Nothing in the serious-harm category is present in our relationship.

Only if this applies: Has something very serious happened — violence, substance problems, or similar? **Yes** ☐
Not relevant ☐

	Fine	Needs work
I have felt unsafe with my partner.	☐	☐
Substances are affecting how we treat each other.	☐	☐
Something happened that we have never properly addressed.	☐	☐
I hold back what I say to avoid a reaction.	☐	☐
Other people have expressed concern about us.	☐	☐
I am worried about what could happen next.	☐	☐

Marks in the “needs work” column: ____ / 6

14 Running a life together

We work well as a team.

	Fine	Needs work
The load at home is shared fairly.	☐	☐
I feel like I am managing everything on my own.	☐	☐
We notice and thank each other for the invisible work.	☐	☐
We disagree about who should be doing what.	☐	☐
Decisions get made together.	☐	☐
One of us quietly resents the arrangement.	☐	☐

Marks in the “needs work” column: ____ / 6

15 Power and influence

Neither of us has to fight to be heard.

	Fine	Needs work
My partner takes my opinion seriously when it matters.	☐	☐
One of us usually gets their way.	☐	☐
I have to push hard to be listened to.	☐	☐
My partner accepts influence from me.	☐	☐
I feel talked down to.	☐	☐
Big decisions get made without me.	☐	☐

Marks in the “needs work” column: ____ / 6

16 Money

We handle money well together.

	Fine	Needs work
We agree on what money is for.	☐	☐
Spending causes arguments.	☐	☐
There is a money thing I have not told my partner.	☐	☐
One of us controls the money.	☐	☐
We can talk about money calmly.	☐	☐
Financial stress is leaking into everything else.	☐	☐

Marks in the "needs work" column: ____ / 6

17 Fun and play

We still have fun together.

	Fine	Needs work
We laugh together.	☐	☐
We do things together purely because we enjoy them.	☐	☐
Fun has been crowded out by logistics.	☐	☐
We have stopped making plans just for us.	☐	☐
Time together feels like another obligation.	☐	☐
We still surprise each other.	☐	☐

Marks in the "needs work" column: ____ / 6

18 Community and belonging

We feel part of something beyond just the two of us.

	Fine	Needs work
We have friends we see as a couple.	☐	☐
We feel connected to a wider community.	☐	☐
One of us is isolated.	☐	☐
We disagree about how much social life we want.	☐	☐
We contribute to something bigger than ourselves.	☐	☐
We have people we could call at 2am.	☐	☐

Marks in the "needs work" column: ____ / 6

19 Meaning and spirituality

We are close in the area of meaning, faith or purpose.

	Fine	Needs work
We share a sense of what our life together is for.	☐	☐
We can talk about faith, meaning or purpose openly.	☐	☐
We differ in ways that create distance.	☐	☐
We mark important moments in ways that matter to us.	☐	☐
One of us has changed in this area and it has created a gap.	☐	☐
We have rituals that are ours.	☐	☐

Marks in the “needs work” column: ____ / 6

Your total

Add up every “needs work” tick: ____ out of ____ statements you answered. Divide the first by the second, times 100: ____% strain.

0–15% Steady

Most areas are working. One or two are worth attention while they are still small.

16–35% Some strain

Clear pressure points on a solid base. Usually the most workable stage.

36–60% Under pressure

Several areas loaded at once, which is why it feels heavier than any one issue.

61%+ Overloaded

Most areas carrying strain. This is where structured help tends to make the biggest difference.

The two most useful numbers are not the total. They are your **highest-scoring area** and your **lowest** — what is carrying the load, and what you can build from.

This is an educational worksheet, not a diagnosis, assessment or therapy. It does not tell you whether to stay in or leave a relationship, and it does not replace advice from a health professional who knows your situation. If something here raises a concern, speak to your GP or a registered psychologist.

If you have felt unsafe with a partner, please talk to someone outside the relationship. In Australia: **1800RESPECT 1800 737 732** (free, confidential, 24/7) · **Lifeline 13 11 14 · 000** in an emergency.

The nineteen areas follow the widely used clinical convention for separating solvable from perpetual relationship issues (Gottman, 1999). All item wording here is original to Mindspan and is not a reproduction of any published checklist.

© 2026 Mindspan · info@mindspan.com.au · mindspan.com.au