www.WellbeingTrackers.com

Wellbeing is your natural state.

Relationship Tracker
(extended)

Name: _____

Relationship with: _____

Date: _____

With regard to this relationship, think back over the day/week/month and tick the box that best describes your experience.

	Not at all	A little	Moderately	A Lot	Extremely	
You felt accepted.	0	1	2	3	4	
You felt respected.	0	1	2	3	4	
You felt supported.	0	1	2	3	4	
You felt understood.	0	1	2	3	4	
You felt trusted.	0	1	2	3	4	
You felt criticised.	4	3	2	1	0	R
You felt threatened.	4	3	2	1	0	R
How often have you felt blamed, punished, or complained about in this relationship?	4 **Never**	3 **Rarely**	2 **Sometimes**	1 **Often**	0 **Always**	R

Total Score

Create Wellbeing

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Relationship Tracker
(extended)

Name: _____

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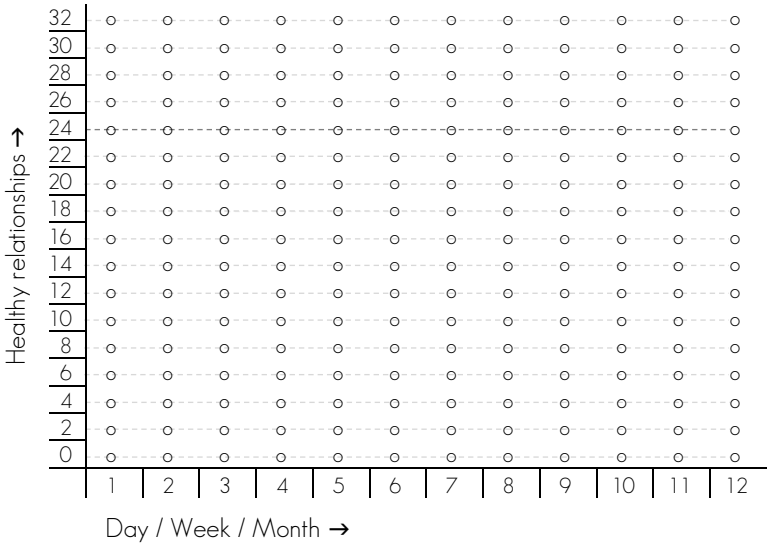

Feedback is a safe conversation about something important.

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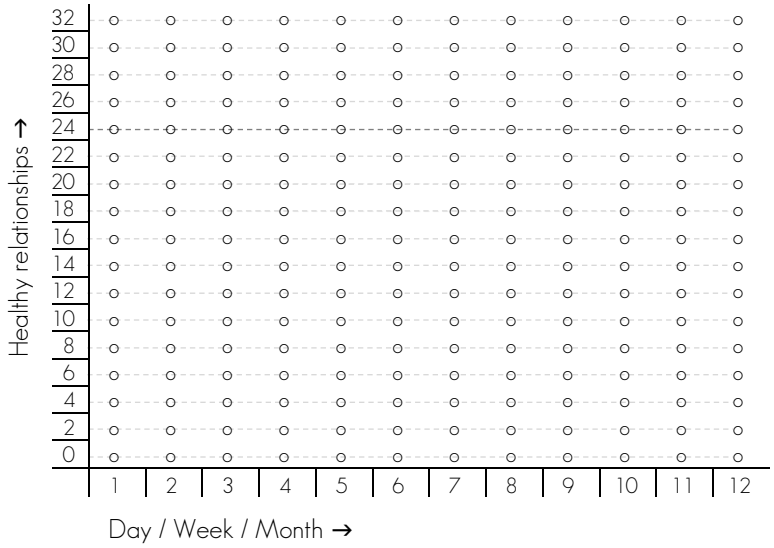
Wellbeing is your natural state.

Relationship Team Tracker
(extended)

Name: _____

Relationship with: _____

Date: _____



Consult as a team and think of a small, practical step you can take to improve your team score.

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IMPORTANT INFORMATION

Read this page before using the Relationship Tracker.

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Instructions

Step 1: Answer the questions on the Tracker.
Step 2: Add up your total score.
Step 3: Plot your total score on the chart.
Step 4: Reflect on your progress regularly and think of a small, practical step you can take to improve your score.

Consider using the Relationship Tracker as a part of a Wellbeing Team.

Tips

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point. For example, if you feel the choice that best describes your experience is in between "Moderately" and "A lot" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use the Relationship Tracker, or any of the Trackers, use it in a way that feels right to you – that's the key!
3. When you are doing well on this Tracker considering moving on the another one so you can develop all the aspects of your wellbeing.

Instructions for Team Trackers

Step 1: Add up the team's total scores. Calculate the average by dividing this number by the number of members of the team.

Step 2: Plot the average on the chart and reflect on your progress as a wellbeing team. If the team feels it would be helpful you can also chart the highest and lowest scores as well as the average.

Step 3: Consult as a team and come up with ideas to improve the score on the chart by one point.

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