

Holistic Living

Relationship Compatibility – Premium Workbook

A guided self reflection tool to understand alignment, patterns & growth areas.

Rate 0–3 for each item • Sum per category • See your results • Talk to an expert

How to Use This Workbook

This guide helps you reflect on compatibility across 8 key relationship areas.
It is a self-reflection tool — not a diagnosis or final verdict.

Scoring (for each statement, past 4 weeks):

0 = Not true at all | 1 = Sometimes true | 2 = Often true | 3 = Very true

Each category has 10 statements. Add them for a subtotal (0–30).

After all categories, add subtotals for an Overall Compatibility Index (0–240).

Use the interpretation guide to understand results and next steps.

Communication Compatibility

- We communicate openly and honestly.
- We express emotions without fear.
- Conflicts are handled respectfully.
- We listen actively and let each other finish.
- We feel understood during conversations.
- We don't shut down or avoid tough talks.
- We resolve misunderstandings quickly.
- Discussions stay calm, not explosive.
- Our communication styles match well.
- We rarely misinterpret each other.

Subtotal for this category (0–30):

Emotional Connection

- I feel emotionally safe with my partner.
- We share vulnerabilities openly.
- We support each other's emotional needs.
- There is mutual affection and warmth.
- We remain emotionally close over time.
- We comfort each other during stress.
- Our emotional bond feels strong.
- We show genuine interest in each other.
- I feel valued and prioritized.
- We feel emotionally aligned.

Subtotal for this category (0–30):

Trust & Security

- I trust my partner ' s words and actions.
- We are transparent and consistent.
- There is no fear of betrayal.
- We keep promises and agreements.
- We feel secure even when apart.
- Jealousy does not dominate our dynamic.
- Personal boundaries are respected.
- We repair trust effectively after mistakes.
- Trust has been stable over time.
- We feel emotionally safe together.

Subtotal for this category (0–30):

Lifestyle & Values Alignment

- Our long term goals align (family, career, location).
- We share similar priorities and ethics.
- Our daily habits complement each other.
- We respect each other ' s differences and identity.
- We make decisions as a team.
- We support each other ' s ambitions.
- We have compatible expectations of roles/responsibilities.
- We handle finances transparently and fairly.
- We ' re moving in the same life direction.
- Our definitions of commitment align.

Subtotal for this category (0–30):

Conflict Resolution Style

- We stay respectful during disagreements.
- We don't attack each other personally.
- Fights don't spiral or get stuck for long.
- We take responsibility and apologize sincerely.
- We don't hold grudges for extended periods.
- We can compromise without resentment.
- We resolve conflicts rather than bury them.
- We learn and grow from disagreements.
- We revisit issues productively if needed.
- Our repair attempts usually succeed.

Subtotal for this category (0–30):

Emotional Independence & Space

- We maintain a healthy sense of individuality.
- Personal boundaries are mutually honored.
- We don't rely solely on each other for happiness.
- We encourage each other's personal growth.
- Time apart is comfortable and respected.
- We support separate interests and friendships.
- We balance 'we time' and 'me time'.
- There is no chronic emotional over demanding.
- We both have other support systems.
- We reunite feeling refreshed, not guilty.

Subtotal for this category (0–30):

Intimacy & Affection Compatibility

- We feel physically comfortable with one another.
- Affection feels natural and mutual.
- Our intimacy needs are respected.
- We can discuss preferences and boundaries openly.
- There is no pressure or coercion.
- Physical closeness strengthens our bond.
- We connect emotionally during intimacy.
- We handle differences with kindness.
- Desire and affection are reasonably aligned.
- Closeness feels safe and nourishing.

Subtotal for this category (0–30):

Long term Partnership Readiness

- We plan for the future together.
- Both partners show reliable commitment.
- Our maturity levels feel compatible.
- We are equally invested in the relationship.
- We team up well during challenges.
- We adapt to each other ' s needs over time.
- We handle responsibilities with follow through.
- We clearly see each other in our future.
- We feel emotionally ready for deeper partnership.
- We support each other ' s life dreams.

Subtotal for this category (0–30):

Results & Interpretation

- 1) Add the 10 scores in each category to get a subtotal (0–30).
- 2) Highlight your top 2–3 highest categories — these likely need attention or represent strengths.
- 3) Add all 8 category subtotals for your Overall Compatibility Index (0–240).

Per Category Meaning (0–30)

- 0–8 Low compatibility signals — support advised.
- 9–15 Developing compatibility — focus on skills and routines.
- 16–22 Good compatibility — maintain & refine.
- 23–30 Strong compatibility — continue nourishing strengths.

Overall Compatibility Index (0–240)

- 0–80 Not aligned — expert clarity highly recommended.
- 81–140 Developing compatibility — targeted guidance helps.
- 141–190 Strong compatibility — consolidate strengths.
- 191–240 Deep, stable compatibility — keep nurturing.

Record Your Category Subtotals

Category	Subtotal (0–30)
Communication Compatibility	<input type="text"/>
Emotional Connection	<input type="text"/>
Trust & Security	<input type="text"/>
Lifestyle & Values Alignment	<input type="text"/>
Conflict Resolution Style	<input type="text"/>
Emotional Independence & Space	<input type="text"/>
Intimacy & Affection Compatibility	<input type="text"/>
Long term Partnership Readiness	<input type="text"/>
Overall Compatibility Index (0–240)	<input type="text"/>

This workbook is for self reflection only. It is not therapy, diagnosis, or a substitute for professional care. If your results raise concerns or you want clarity, speaking with a relationship expert can help.

Get Personalized Relationship Guidance

Discuss your scores with our expert for tailored insights and next steps.

[Talk to Our Expert on WhatsApp \(Holistic Living\)](#)