

GROWTH ALIGNMENT CHECK

Adapted from Chapter 12 of Relationship Communication Decoded

Over time, relationships thrive not just when love is present, but when growth is supported, individually and together. This **Growth Alignment Check** is designed to help you explore how well your communication adapts to life's shifts, how aligned you are in shared goals and core values, and how supported you each feel in your personal development journey.

This is not a scorecard; it's a tool to help you and your partner reflect, adapt, and stay connected as life continues to change and evolve.

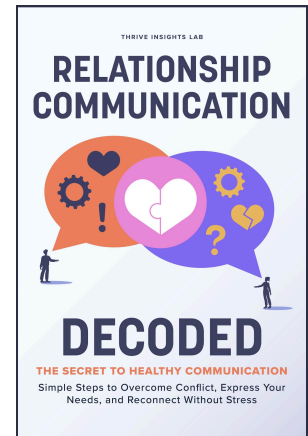
Important Note: *This assessment is not intended to be a clinical or diagnostic tool. It is designed for personal insight and reflection on relationships only. If you are experiencing distress or mental health challenges, please seek support from a qualified professional.*

INSTRUCTIONS

Rate each statement below on a scale from **1 (Not true for us at all)** to **5 (Very true for us)**. There are no right or wrong answers, just your honest reflection.

ITEMS

- | | |
|--|---------------------|
| 1. We openly discuss our long-term goals. | [1] [2] [3] [4] [5] |
| 2. We feel our life goals are moving in a common direction. | [1] [2] [3] [4] [5] |
| 3. Our core values feel aligned. | [1] [2] [3] [4] [5] |
| 4. We adapt our communication during busy or stressful times. | [1] [2] [3] [4] [5] |
| 5. We update our communication as our relationship evolves. | [1] [2] [3] [4] [5] |
| 6. We discuss <i>how</i> we communicate. | [1] [2] [3] [4] [5] |
| 7. I feel encouraged in my personal growth within this relationship. | [1] [2] [3] [4] [5] |
| 8. I feel supported by my partner when pursuing personal goals. | [1] [2] [3] [4] [5] |
| 9. We support each other's growth, even with different goals. | [1] [2] [3] [4] [5] |
| 10. We adapt our shared vision as life changes. | [1] [2] [3] [4] [5] |
| 11. We translate insights into concrete plans. | [1] [2] [3] [4] [5] |
| 12. We are intentionally building our future together. | [1] [2] [3] [4] [5] |



SCORING

Total the scores for each Growth Dimension (scores range from **3–15**).

• Alignment on Life Goals & Core Values	1, 2, 3	= ____
• Communication Adaptability Readiness	4, 5, 6	= ____
• Personal Growth & Support	7, 8, 9	= ____
• Vision Planning for the Next Chapter	10, 11, 12	= ____

INTERPRETATION GUIDE

Understanding Growth Dimensions

- **Alignment on Life Goals & Core Values:** *How well your long-term goals and fundamental values align and are discussed.*
- **Communication Adaptability Readiness:** *How effectively your communication adjusts and evolves through life's changes.*
- **Personal Growth & Support:** *How much you feel encouraged and supported in your individual growth within the relationship.*
- **Vision Planning for the Next Chapter:** *How you actively plan, revisit, and build a shared future together.*

For each Growth Dimension:

- **Deeply Resonant (12–15):** This area indicates a strong and harmonious connection regarding your shared vision and mutual support for growth within your relationship. Your individuals paths feel powerfully interwoven.
- **Cultivating Resonance (9–11):** This area shows that your shared vision and mutual support for growth are present and being nurtured; with continuous intentional focus, they can become even more deeply connected and harmonious.
- **Seeking Resonance (3–8):** This area suggests that you and your partner are in the early stages of connecting on this dimension of growth and shared future, highlighting a significant chance to explore new ways to deepen your shared vision and nurture individual development within the relationship.

REFLECTION

Take a moment to reflect on your results. Capture your thoughts in the space provided below.

What stood out to you most from your responses on this Growth Alignment Check? What felt strong? What surprised you? What's ready to evolve?

Alignment on Life Goals & Core Values: Where do you and your partner feel most aligned in your long-term vision? Are there any values you haven't talked about recently that might be worth exploring together?

Communication Adaptability Readiness: What communication shift has helped your relationship most in the past year during times of change or stress? What communication habit no longer works that you might be ready to release?

Personal Growth & Support Score: What's one specific way you and your partner have supported each other's individual growth lately? Are there moments where support could have felt more intentional?

Vision Planning for the Next Chapter: What part of your shared vision feels most alive right now? What's one shared goal you want to revisit or redefine together for your next chapter?

NEXT STEPS

You've completed the Growth Alignment Check, gaining insights into your relationship's adaptability and alignment. To deepen this understanding, return to Chapter 12 of *Relationship Communication Decoded*. Continue reading to explore strategies for supporting personal growth, balancing individuality, and enhancing communication with journaling and creative exercises.