

## Common Points of Disharmony in Relationships

On a scale from 1-5, rate the "common points of disharmony" listed below according to your perception of challenge.

In this scenario, challenge may be defined as disagreement or struggle between you and your partner.

"1" represents "no challenge (or point of contention)," whereas "5" represents "the most challenging." Please circle that which applies.

### MONEY:

1	2	3	4	5
no challenge	little challenge	moderate challenge	serious challenge	most challenging

### SEX/INTAMACY:

1	2	3	4	5
no challenge	little challenge	moderate challenge	serious challenge	most challenging

### COMMUNICATION (EMOTIONAL/MENTAL):

1	2	3	4	5
no challenge	little challenge	moderate challenge	serious challenge	most challenging

### CHILDREN/PARENTING:

1	2	3	4	5
no challenge	little challenge	moderate challenge	serious challenge	most challenging

### IN-LAWS/EXTENDED FAMILY:

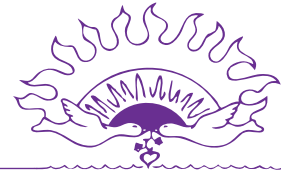
1	2	3	4	5
no challenge	little challenge	moderate challenge	serious challenge	most challenging

### CAREER:

1	2	3	4	5
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# Seeing the Light

Brain  
Integration  
Therapy



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no challenge	little challenge	moderate challenge	serious challenge	most challenging
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## CULTURAL BACKGROUND:

1 no challenge	2 little challenge	3 moderate challenge	4 serious challenge	5 most challenging
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## RELIGION/SPIRITUALITY:

1 no challenge	2 little challenge	3 moderate challenge	4 serious challenge	5 most challenging
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## GEOGRAPHY/WHERE TO LIVE:

1 no challenge	2 little challenge	3 moderate challenge	4 serious challenge	5 most challenging
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## DEATH/DYING:

1 no challenge	2 little challenge	3 moderate challenge	4 serious challenge	5 most challenging
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## HEALTH/NUTRITION:

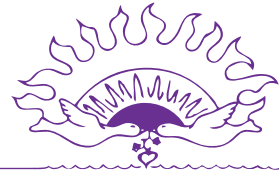
1 no challenge	2 little challenge	3 moderate challenge	4 serious challenge	5 most challenging
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What is the first emotion that arises when you are triggered? Triggered may be defined as "buttons being pushed."

Please circle only one of the following.

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ANGER | FEAR | SADNESS | BODY SENSATION | I DON'T KNOW