

Relationship Audit

Directions: The purpose of this tool is to help you gauge where your current relationships stand, and whether you need to put additional work into sustaining them or whether you can back off and focus on other relationships.

Relationship to Review (include all people involved):

Length of Relationship Through Today (be specific):

Contact with Relationship Participant(s) Over the Last

Week	Month	Year
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Relationship Roles Held Over the Last Year (be specific):

Giver (you provided something in the relationship)	Taker (you took something in the relationship)
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Do you need to put more work into this relationship? To come up with a “general” answer to this question, do the following:

- Reflect on the length of the relationship. Longer-term relationships can generally withstand less constant contact.
- Count the number of relationship contacts. The higher the number, the better, and the less likely (generally) that you need to worry about putting more work into the relationship currently.
- Explore the ratio of roles held. If one person is occupying one role more often than others, this could be a sign of the need to strengthen the relationship by bringing balance to the roles.

Notes on tips or actions to move this relationship further: