

Metric	Score 1 to 9	Weighting 1 to 10	Final value					
I can express my feelings without being judged	9	7	63	Usage Guide: - Add your metrics to Column A - Score how each metric on how much you agree. - Add your weighting - how much you give a fuck about the issue The final value suggests whether it's something you should keep an eye on and maybe discuss. Higher - more important to discuss/be aware of.				
I feel comfortable & safe saying "I'm not sure" about how I feel	8	5	40					
My partner recognises and respects my desire for space	8	7	56					
My physical, emotional and sexual boundaries are respected	9	8	72					
I feel comfortable & safe re-negotiating boundaries with my partner	7	4	28					