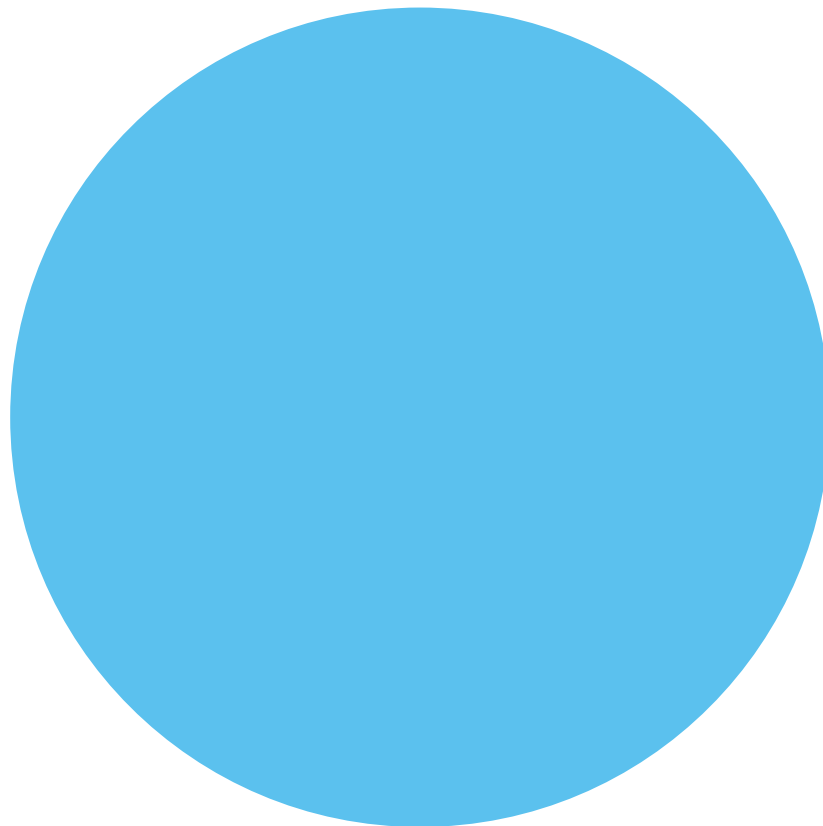
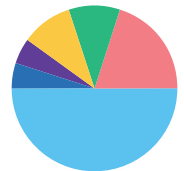




## TRIBE MENTALITY IN RELATIONSHIPS WORKSHEET

List all the different people you associate with and the activities you do:  
(i.e. work, friends, neighbors, family, church, hobbies, gym, etc.)

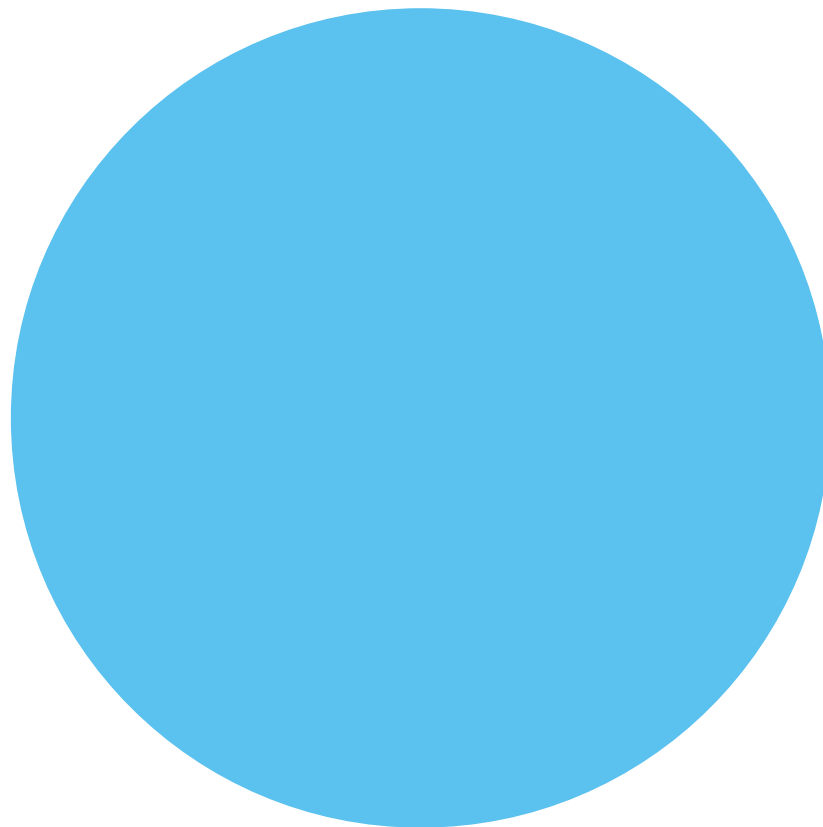
In the blue circle below, chart how much time you think you spend with each "tribe", using a slice for each. Please add time with your partner or significant other to the chart. I ask people to share these charts with their partner and be open to their feedback as to your accuracy. Here's an example:





With this next chart, identify what kind of time you spend specifically with your partner or the “coupleship tribe”. This would include talking, cooking together, time outside either gardening or biking or hiking, time being physically intimate – touching, caressing, having sex, out on a date together, talking on the phone, texting, etc.

Please identify which time is real time and which is virtual. Again, show your chart to your partner and get their input.



With this information, what parts do you want to change to increase time in and quality of your coupleship tribe? Remember, building the best tribe takes time, commitment and creativity!

*I wish you the very best of luck! For any extra help, sign up for consultations, webinars and podcasts at: [www.wendyconquest.com](http://www.wendyconquest.com).*