



Relational Alignment Communication Evaluation

Jeffrey Wark, MA, LICSW

Introduction

The RACE is designed to help you and your partner explore the depth, quality, and dynamics of your relationship. By reflecting on communication, vulnerability, support, and intimacy, this form encourages clarity, alignment, and growth. Use it to identify areas of strength, opportunities for deeper connection, and actionable ways to nourish your relationship.

Questions

Emotional Connection and Vulnerability

1. Ideally, what percentage of your shared time together would you dedicate to discussing and nurturing your relationship (e.g., emotionally checking in, deepening your connection, or sharing feelings about each other and the relationship)?
2. Would it work for you if both you and your partner more often asked each other: "How can I be a better [partner, lover, friend] for you?"
3. Do you feel you are sharing openly, being vulnerable, and taking growth-oriented risks as much as you'd like to for the sake of the relationship?
4. How safe do you feel expressing your true thoughts and feelings to your partner?
5. Are there topics you avoid discussing with your partner? Why?
6. How often do you feel emotionally seen, understood, and validated by your partner?

Growth, Support, and Alignment

7. If you could magically change three things in this relationship, what would they be?
8. Do you believe you are giving your partner what you want in the relationship? For example, giving more hugs if you want more hugs. In what ways are you giving what you want to receive, and in what ways are you not? If not, why?



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9. In what ways might you need or want more (or different) support from your partner compared to what you've been receiving lately?
10. Are there ways you'd like your partner to support your personal growth (career, hobbies, spirituality, health, etc.)?
11. How often do you feel encouraged or inspired by your partner to be your best self?
12. Do you feel aligned with your partner on long-term goals, values, and priorities?
13. Are there areas where you feel your vision for the relationship differs from your partner's?

Intimacy and Connection

14. Are you reaching out and initiating verbal or physical actions, glances, or playful intimacy as much as you feel comfortable? To what extent might you be holding back (1 = not at all, 100 = extremely)?
_____ % What is at the core of this holding back?
If it's fear, what is the fear communicating?
15. Would you like to receive more initiations of verbal or physical actions, glances, or playful intimacy from your partner? If yes, provide specific examples of what would feel nourishing or enjoyable.
16. How connected do you feel during non-sexual physical touch, such as holding hands, cuddling, or sitting close together?
17. How often do you and your partner intentionally create moments of shared joy, play, or fun?
18. How well do you feel your partner responds to your emotional or physical gestures of care?
19. Are you reaching out with verbal, physical, or playful gestures that build intimacy or sexual play as much as you feel comfortable?

Communication and Conflict Resolution

20. In your opinion, does your relationship currently have the energy, depth, trust, and satisfaction you desire? If not, what changes might enhance these aspects?





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21. When conflicts arise, how comfortable are you addressing them openly rather than avoiding or deflecting?
22. Do you feel your partner listens fully and without judgment when you speak?
23. Are disagreements resolved in ways that leave both of you feeling heard and respected?
24. How often do you feel misunderstood by your partner, and what usually leads to that?
25. What do you believe might be getting in the way of fully investing in a deep, dynamic, and enriching relationship beyond its current state?

Trust, Love Languages, and Appreciation

26. Are there experiences from the past that make it hard to fully trust your partner?
27. How often do you feel comfortable sharing your fears, insecurities, or mistakes with your partner?
28. Do you know your preferred love languages? Do you know your partner's? If so, what are they? If not, would you like to know this information?
29. How often do you feel appreciated by your partner? How often do you express appreciation to them?
30. Are there ways you'd like to increase acknowledgment of each other's contributions or efforts in the relationship?

Rituals, Routines, and Shared Practices

31. Do you have shared rituals or routines that help you feel connected (weekly check-ins, date nights, morning/evening routines)?
32. Are there opportunities to create more intentional time together for connection, beyond daily routines?





Next Steps

Once you have answered these questions, take some time to reflect on your responses. You don't need to review every question every time. Focus on the areas that feel most important, challenging, or meaningful in your relationship right now.

As you reflect, attend to your own thoughts, feelings, and actions. What do you tell yourself, how do you emotionally respond, how are you triggered, and what do you do or avoid doing? This is where personal responsibility and meaningful change are most possible.

1. **Identify Priorities:** Look for patterns or recurring themes in your answers. Which areas, if addressed, could have the biggest positive impact on your connection?
2. **Select Focus Areas:** Choose one or two topics to work on first. It's better to focus deeply on a few items than to try to tackle everything at once.
3. **Create Action Steps:** For each focus area, identify small, concrete actions you and your partner can take to improve connection, communication, or intimacy.
4. **Reflect and Adjust:** Revisit your answers periodically, or as new challenges arise. You may find new areas to focus on, or see progress in previously challenging areas.

Remember, this tool is meant to guide growth and deepen your connection, not to create pressure. Use it as a flexible, evolving resource for reflection, conversation, and positive change.

