

CARING RELATIONSHIP INVENTORY

The goal of this inventory is to understand and make sure that the caring relationship is continuing in the right direction and to ensure that we are concentrating on the things that are most important to the CR.

It's suggested that you let the CR know the week before that you are going to take this inventory together (and why) so as not to surprise him/her. Also, it's recommended that you not give him / her a lot of detail so that answers can be spontaneous and completely honest.

1. Describe to me what you viewed as the major issues that needed our attention when we began this relationship?
2. How long would you say it took for us to become comfortable enough with each other that we could be completely honest and open about our feelings?
3. During the time that we have been meeting, how effective have we been in addressing the issues you described in the first question?
4. Let's put the unresolved issues that we are dealing with in the order of importance for you.
5. Where would you say we are currently in the caring relationship? Are we still in the beginning phases, are we somewhere in the middle (really working on the issues that you have described), are we getting close to the end of the caring relationship?
6. How do you think we should proceed going forward?