

The 6R Framework: The Roles • Responsibilities • Rights • Rewards • Repercussions • Rituals for our Relationship

Purpose: To avoid unpleasant surprises, it's always best to consider and discuss ahead of time. This guided worksheet helps couples clarify how they think their relationship will function, what each partner could possibly expect, and how to build healthy and lasting patterns for relationships.

PART 1: ROLES

Definition: The functions, positions, or ways each partner plans to contribute to the relationship (e.g., emotional support, leadership, planning, caregiving).

Examples:

- Initiator of difficult conversations
- Financial planner or organizer
- Financial provider
- Emotional support / encourager
- Social coordinator or family connector
- Spiritual Leader

Reflection:

Roles I naturally take on:

-
-

Roles I expect or hope my partner will take on:

-
-

Roles we want to intentionally create together:

-
-

Scaling Question (Circle one): How clear and aligned are we on our roles (1-5)?
1 (Low clarity) 3 (Somewhat aligned) 5 (Highly clear & aligned)

Follow-Up: What could be done to increase this number (if applicable)?

- -
-

PART 2: RESPONSIBILITIES

Definition: The ongoing actions, behaviors, and commitments each partner agrees to consistently uphold.

Examples:

- Communicating honestly and respectfully
- Managing emotions rather than reacting impulsively or defensively
- Contributing to shared tasks (finances, home, etc.)
- Prioritizing the relationship intentionally
- Who will take time off if our child were to be sick?

Reflection:

My responsibilities to you:

-
-

Our shared responsibilities:

-
-

Scaling Question (Circle one): How consistently are we living out our responsibilities (1-5)?
1 (Rarely) 3 (Sometimes) 5 (Consistently)

Follow-Up: What could be done to increase this number (if applicable)?

- -
-

PART 3: RIGHTS

Definition: The fundamental needs, boundaries, and expectations each partner is entitled to within a healthy relationship.

Examples:

- The right to be heard and understood
- The right to emotional and physical safety
- The right to personal space and individuality
- The right to respectful communication
- The right to regular physical intimacy

Reflection:

I have a right to:

-
-

My partner also has a right to:

-
-

Scaling Question (Circle one): How well are our rights understood and respected (1-5)?
1 (Not respected) 3 (Inconsistent) 5 (Fully respected)

Follow-Up: What could be done to increase this number (if applicable)?

-

-
-

PART 4: REWARDS

Definition: The positive outcomes and experiences that come from investing well in the relationship.

Examples:

- Deep emotional connection
- Trust and security
- Joy, fun, and shared meaning
- Mutual support and encouragement
- Gifts
- Verbal praise or affirmation

Reflection:

When we are at our best, our relationship feels like:

-
-

What I most want to experience together:

-
-

Scaling Question (Circle one): How much are we currently experiencing these rewards (1-5)?
1 (Very little) 3 (Somewhat) 5 (A lot)

Follow-Up: What could be done to increase this number (if applicable)?

- -
-

PART 5: REPERCUSSIONS (Breaking Agreements)

Definition: The natural and relational consequences that occur when commitments or agreements are not upheld. These are focused on accountability and repair—not punishment.

Examples:

- Loss of trust
- Emotional and/or physical disconnection
- Need for repair conversations (Vigorous Repair Dialogue)
- Temporary boundaries or space to rebuild safety

Reflection:

Ways agreements may be broken in our relationship:

-
-

Healthy ways I will respond (accountability):

-
-

Our Repair Plan:

- How will we acknowledge hurt?
- How will we take responsibility?
- What will making amends look like?
- How will we rebuild trust?

Scaling Question (Circle one): How confident are we in our ability to repair after conflict (1-5)?
1 (Not confident) 3 (Somewhat confident) 5 (Very confident)

Follow-Up: What could be done to increase this number (if applicable)?

- -
-

PART 6: RITUALS

Definition: Intentional, repeated disciplines in word and action that create healthy patterns and sustain connection over time.

Examples:

- Weekly relationship check-in
- Daily 10-minute connection time (no distractions)
- Expressing appreciation each day
- Monthly goal/vision conversation
- Conflict debrief after disagreements

Reflection:

Daily rituals we want to practice:

-
-

Weekly or monthly rituals:

-
-

Communication rituals (how we stay emotionally connected):

-
-

Scaling Question (Circle one): How strong and consistent are our relationship rituals (1-5)?
1 (Nonexistent) 3 (Inconsistent) 5 (Strong & consistent)

Follow-Up: What could be done to increase this number (if applicable)?

-
-

FINAL REFLECTION

One thing I deeply appreciate about you:

One commitment I am making to our relationship:

One area I want to grow in personally:

COUPLE AGREEMENT STATEMENT

Write a short statement that reflects the kind of relationship you are intentionally choosing to build together.

Tip: Revisit this worksheet every 6–12 months to reflect, adjust, and grow together. You will evolve over time, so don't expect your answers to remain the same.

Created for couples by Kevin-Joel Coupland RP - www.kjcoupland.com - TWOgetherONE

Permission to share freely and give me credit 😊