



## RELATIONSHIP INSPECTION AND MAINTENANCE WORKSHEET

For use of this form, see [carson.armymwr.com/acs](http://carson.armymwr.com/acs), search Family Advocacy Program

<b>1. ORGANIZATION</b> Army Community Service				<b>2. PROGRAM</b> Family Advocacy Program			
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<b>3. PHONE #</b> (719) 524-0912	<b>4a. BLDG. #</b> 1201	<b>b. STREET ADDRESS</b> 1481 Titus Blvd.	<b>c. CITY</b> Fort Carson	<b>d. STATE</b> Colorado	<b>5. ZIP CODE</b> 80913	<b>6. BRANCH</b> Army
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APPLICABLE REFERENCE			
TM NUMBER	TM DATE	TM NUMBER	TM DATE

<p><b>Note:</b></p> <p><i>We've been trying to reach you about your relationships extended warranty!</i></p>	<h1 style="color: red; margin: 0;">Relationship Preventative Maintenance for Couples &amp; Singles</h1>
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**ALL RELATIONSHIP INSPECTIONS AND EQUIPMENT CONDITIONS RECORDED ON THIS FORM HAVE BEEN DETERMINED IN ACCORDANCE WITH THE ARMY COMMUNITY SERVICE PREVENTION AND RELATIONSHIP EDUCATION PROGRAM.**

<b>8a. SIGNATURE</b>	<b>8b. TIME</b>	<b>9a. SIGNATURE</b>	<b>9b. TIME</b>
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ITEM <small>a</small>	STATUS <small>b</small>	RELATIONSHIP DEFICIENCIES IDENTIFIED <small>c</small>	ARMY COMMUNITY SERVICE CLASS AVAILABLE <small>d</small>	INITIAL WHEN CORRECTED <small>e</small>
		Check Engine Light On	Danger Signs & Time Outs	
		Frequently Overheating	Anger & Stress	
		Will Not Crank	The Speaker Listener Technique	
		Fuel Gauge is Reading Low	Fun & Friendship	
		Alignment is Off	Love Styles	
		GPS is Not Working	Road Mapping	
		Ignition is Not Working	The Three Keys to Success	
		Loose Brake and Gas Pedals	Commitment	
		Multiple Dashboard Lights On	Events, Issues, & Hidden Agendas	
		Warranty is Missing Pages	Expectations	
		Worn or Faded Exterior/Interior	Personality	
		Battery is Drained	Problem Solving	

<b>Class Title</b>	<b>Class Description</b>
<b>Three Keys to Success</b>	While committed relationships can be filled with tricky and trying situations, there are three keys that can help you focus on positive and productive things to keep your relationship happy and healthy. Do Your Part-Decide. Don't Slide. Make it safe to Connect. These keys help people focus on the power and control aspect of conflict and creating/maintaining a safe environment to communicate in the relationship.
<b>Personality</b>	Helps participants understand how different personality types see the world and what they value most, to help more easily avoid relationship pitfalls and rely on one another's strengths.
<b>Danger Signs and Time Out</b>	Helps participants understand and recognize Four common patterns of communication that are toxic to relationships, and how they can break down emotional, commitment and physical safety in a relationship. By learning how to recognize the Danger Signs, participants learn skills to avoid or when to seek outside help.
<b>Anger &amp; Stress</b>	Helps participants understand that Chronic anger and/or stress contributes to physical illness, make it harder to think clearly and make us less likely to give our loved ones the patience and attention they deserve.
<b>The Speaker Listener Technique</b>	Communication skills are learned and can be made better with practice, the Speaker listener technique helps participants learn to address difficult situations respectfully.
<b>Events, Issues &amp; Hidden Agendas</b>	Participants learn to understand and manage the layers of conflict, by containing the events that trigger conflict, handling the issues that we most often argue about and safely sharing the Hidden Issues that can fuel the conflict. Teaches participants to move past the superficial arguments by talking safely about the source of the conflict and working towards understanding one another better.
<b>Fun &amp; Friendship</b>	Teaches participants how important fun is, the individual's, as well as the couples Well-Being. Helps participants understand how Fun helps experience positive emotions, sharpens their thinking and makes solving problems easier.
<b>Commitment</b>	Gives Participants a clearer picture of what commitment is and how it works to cultivate a deeper sense of commitment in their relationships and find meaningful ways to express their commitments to their mates.
<b>Expectations</b>	Helps Participants understand both their and their partner's expectations, teaches managing expectations against unrealistic desires and how to communicate them openly to lessen the power that unmet expectations can have over relationships.
<b>Problem Solving</b>	Teaches safe ways of talking about and solving couples big and small problems as a team consistently and address dealing with the negative energy that is naturally built up in the day-to-day maintenance of a relationship.
<b>Love Styles</b>	Teaches participants how they and their partners receive and show love and how to safely communicate what makes them feel loved by identifying six love styles to provide a framework for understanding the different ways people experience and express love.
<b>Road Mapping</b>	Participants examine the important milestones in their life and how these milestones have shaped who they are in their relationships, and how to safely share this information with their partner to better understand, empathize and relate to each other.

\*For more information, to schedule one of the above as a portable class, or any additional inquires, reach out to us at (719) 524-0912