



Love Your Values

CLARITY | ACTION | GROWTH



Values Amplifier Report (Relationship)

for

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INTRODUCTION

Values Amplifier identifies your priority relationship values and the extent to which you are experiencing them in your current relationship.

Relationship values are those things that we seek to place the highest priority on in a relationship. While most of us juggle numerous priorities on a daily basis, there are some concepts that, when it comes to the crunch, we consider to be our most important values to thrive in a relationship. The Values Amplifier questionnaire not only helps to reveal those key priorities, but also how well we are living those values in our current relationship.

USING THE INFORMATION IN THIS REPORT

Your Values Amplifier report contains powerful insights into the level of values alignment you are experiencing in your relationship. While some of it may not come as a surprise, we often find that putting words and numbers to what we are experiencing can create great clarity.

If your results indicate that you are not experiencing values alignment in your relationship to the extent you would like, take some time to consider where you can make some small changes initially. It is seldom a good idea to make significant life changes without careful thought and consideration.

To support you with defining actions to live your values more fully in your relationship, this report contains personalised questions to reflect on, and a Values-based Action Plan worksheet.

It can also be beneficial to seek the advice of a trusted friend, mentor or coach to support you in any change.

TINA'S HIGHEST PRIORITY VALUES

Your scores indicate that these are the 5 relationship values which are most important to you in order of importance, along with the associated concepts which define that value.

These priority values are explained in more detail on the following pages.

Your scores for all 12 of the relationship values measured by Values Amplifier are shown later in the report.

VALUE	RELATED CONCEPTS
Trust	Integrity, Fidelity, Transparency
Physical Intimacy	Touch, Sex, Closeness
Emotional Connection	Open communication, Care, Support
Growth	Learning, Exploration, Experiences
Equality	Fairness, Sharing, Equity

TINA'S HIGHEST PRIORITY VALUES EXPLAINED

Trust

Value Score = 100%

Relationship Score = 2

It's important to you that your partner is open, honest and transparent with you. You value clear communication and for your significant other to express what they are thinking and feeling.



Trust in a relationship can be compromised in a variety of ways, some more obvious than others. In addition to deliberate lies, trust can also be undermined through omitting key facts and events, not revealing real intentions, and concealing one's real opinions. However it presents itself, you are likely to experience any lack of integrity or honesty in your relationship as a major concern.

Physical Intimacy

Value Score = 92%

Relationship Score = 8

For you, a strong partnership needs to involve physical closeness and touch. This may be of a sexual nature, or merely to feel the sense of affection that being close and present can provide. You will value your partner expressing their feelings for you through touch and physical contact.



When physical intimacy is not present for you in the relationship, you will feel something is missing, even if other needs are being met.

Emotional Connection

Value Score = 83%

Relationship Score = 2

It is a high priority for you that you feel a close emotional bond with your partner. You'll want to know that their heart is in it, and that they are bringing their whole self to the partnership. A partner who is open and expresses their feelings to you will be more likely to meet your needs.



If you feel like your bond with your partner is superficial, you are unlikely to be fully satisfied in the relationship. When your significant other places a lower emphasis on emotional connection it can often result in feeling like your needs are not being met.

Growth

Value Score = 75%

Relationship Score = 5

You place a lot of emphasis on having new experiences and challenges and learning new things. It is important to you that your relationship involves growing together as a couple and expanding your horizons. You will benefit from a partner who shares your zest for variety and learning.



You will likely experience your relationship as stalling and not as energising if you are not regularly growing and seeking new experiences together.

Equality

Value Score = 67%

Relationship Score = 4

You perceive a relationship as a partnership between two equals. It is important to you that you both contribute fairly and share the workload, whether it is physical, emotional or mental. A partner who shares the same commitment to equality is most likely to suit your preferences.



A partnership where there is not an equitable balance is likely to result in resentment and can provide a point of grievance when the pressure comes on.

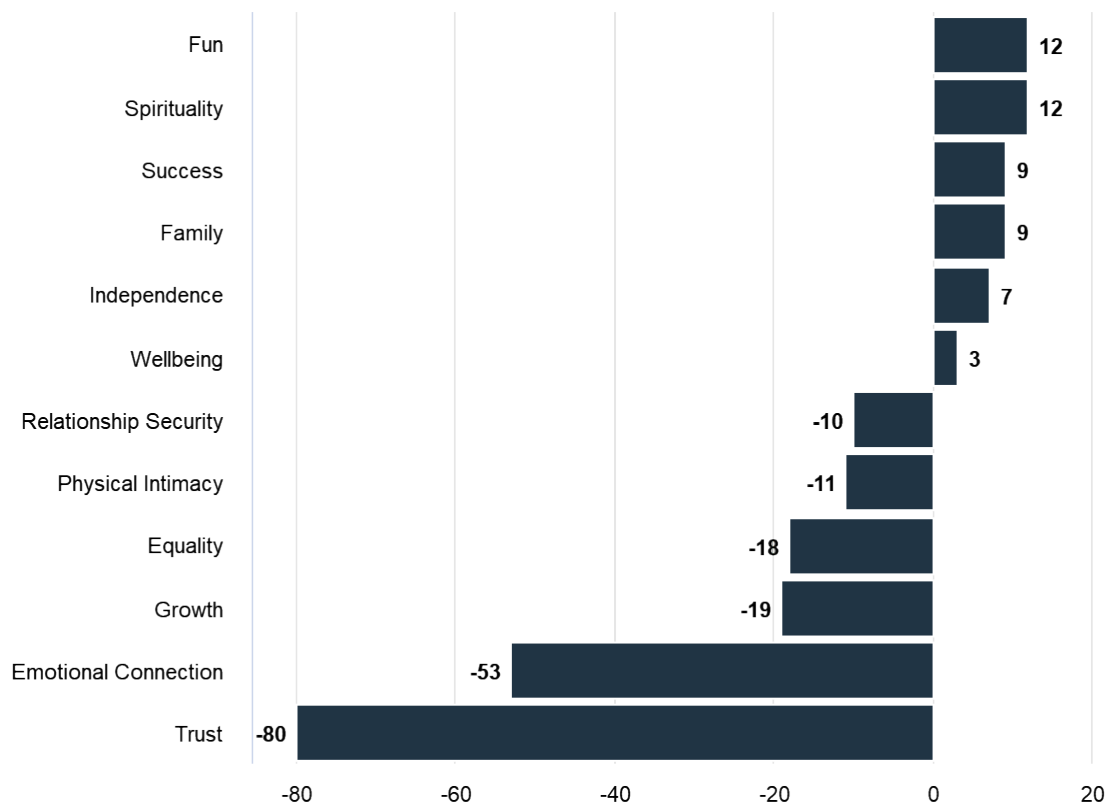
TINA'S LEVEL OF VALUES ALIGNMENT IN THEIR RELATIONSHIP

This chart indicates the extent to which your current relationship experience is aligning with the importance you place on each of the 12 Values Amplifier relationship values. By combining importance and current experience, a weighted satisfaction score has been calculated.

Scores below 0 are where you are likely to be experiencing dissatisfaction, relative to the importance you place on that value.

For your highest priority relationship values, any shortfalls in how you are experiencing them will be highlighted in this chart as a more negative score, as they are likely to be felt more strongly than deficits in values which are not of great importance to you.

Scores above 0 are where you are “more than satisfied”, meaning your relationship is fulfilling those values at a high level relative to the importance you place upon them.



Note: scores can range from -90 to +25

TINA'S SCORES FOR ALL 12 VALUES

Below are your scores for all of the 12 values measured by Values Amplifier, along with the importance you place on them and the extent to which you indicated you are living them in your relationship (on a scale of 1-10).

Value	Value Score	Relationship Score	Related Concepts
Trust	100%	2	Integrity, Fidelity, Transparency
Physical Intimacy	92%	8	Touch, Sex, Closeness
Emotional Connection	83%	2	Open communication, Care, Support
Growth	75%	5	Learning, Exploration, Experiences
Equality	67%	4	Fairness, Sharing, Equity
Independence	58%	7	Alone time, Giving space, Solo pursuits
Relationship Security	50%	3	Stability, Reliability, Long-term prospects
Spirituality	42%	7	Moral compatibility, Faith, Spirituality
Fun	29%	7	Joy, Pleasure, Humour
Success	29%	6	Achievement, Goals, Financial attainment
Family	17%	7	Dependents, Relatives, Ancestors
Wellbeing	8%	5	Physical, Mental, Health and fitness

QUESTIONS TO REFLECT ON

Below we have provided a set of questions to assist with self-reflection. These questions relate to the 5 values for which you scored lowest for relationship alignment, relative to the importance you place on these values. These are designed as a guide only - you may not necessarily feel like you are out of alignment on these values within your relationship.

There is space to make notes and reflections as you work through these questions. The insights from these reflections may also be valuable when you complete the Values -based Action Plan on the following pages.

Trust in my relationship

- Is there anything specific causing me to question the trust in our relationship?
- Did something happen that has decreased the trust, or were the issues always there?
- Do I genuinely think the level of trust will improve? If not, can I live with it?
- Is there anything myself or my partner can do differently to increase the trust? If so, what?
- What do I need to hear from my partner that will increase my sense of trust?



My Reflections

Emotional Connection in my relationship



- Is our lack of emotional connection due to effort, or personal characteristics?
- Is it them? Or me? Or both of us.
- Was there a time when I felt closer connection? If so, did something change?
- What can we do differently to feel a greater sense of connection – or is it less to do with what we are doing and more to do with how?
- Am I prepared to forgo some emotional commitment in order to experience the other benefits of the relationship?
- Do I feel like this is something my partner is open to discussing?

My Reflections

Growth in my relationship



- How is a less-than-ideal amount of growth showing up in our relationship?
- How do I feel about the situation?
- What is getting in the way? Is it because we are prioritising other things?
- What sort of things would I want to be doing for satisfaction with growth to improve?
- Have I asked for change here before? What has been the response?
- Can growth in the relationship be improved solo or does it need both of us to commit?

My Reflections

Equality in my relationship

- How am I experiencing inequality in the relationship? What does it look like on a daily basis?
- Do we both share the same beliefs about equality within a relationship?
- Am I contributing to the relationship more than my partner in order to keep them happy?
- Do I feel like the lack of equality is a temporary, situational thing?
- Do I feel like my partner would recognise the inequality and agree with my view on it? If not, how do I think they would view it and justify it?
- Is this something I have tried to work on before? What was the outcome?
- What would need to change for me to be more satisfied with this aspect of our relationship? How can this be put into action?



My Reflections

Physical Intimacy in my relationship

- How do I personally define physical intimacy?
- What would change look like? What would it feel like?
- Is it the quality or the quantity of intimacy that needs to improve for me to be more satisfied?
- Am I still attracted to my partner? Do I feel like they are attracted to me?
- Has anything changed that has reduced the physical intimacy we are experiencing? If so, does this feel permanent, or temporary?
- What gets in the way? To what extent do I see these as choices we are making, versus inevitable and due to circumstances?
- Is the desire for physical intimacy equal, or is there an imbalance in what we both want?
- What would be a good starting place for improving this aspect in our lives?



My Reflections

ACTION EXERCISE: VALUES-BASED ACTION PLAN

Use the table below to develop actions to more fully live your relationship values. By focusing particularly on those values you don't feel are being fully met in the relationship, you can identify actions to ensure your values are better nourished. The table has been pre-populated with the 3 values with your lowest values alignment score from the chart on page 7. There are also blank rows to add other values you want to work on. An example has been provided, along with instructions below.

Value	If I lived this value...	What gets in the way?	Actions
Example Growth	We'd be having new and interesting experiences on a regular basis	We get stuck in routines and chores	Commit to one new activity or challenge every fortnight
Trust			
Emotional Connection			
Growth			

Instructions

1. **Value:** Write a value you want to focus some attention on (the first 3 are already filled in)
2. **If I lived this value:** If you were really living this value in your relationship, what would you be doing?
3. **What gets in the way?** Write down some of the things which typically prevent you from living this value to its fullest within the relationship.
4. **Actions to live this value better:** Write down an action(s) that you will take to live this value more with your relationship. Try to come up with practical actions which you can do in the immediate future to increase your satisfaction in this area of your relationship.