



Love Your Values

CLARITY | ACTION | GROWTH



Values Amplifier - Couples Report

for

Tom Connor

Tina Connor

31 March 2026

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 COUPLES REPORT

This report compares the individual results of each partner, to provide additional insights and to assist with action planning for building a stronger relationship.

Your Values Amplifier report contains powerful insights into the level of values alignment you are each 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 one or both of you are not experiencing values alignment in your relationship to the extent you would like, take some time to discuss 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 creating shared commitments to support each other to live your values in your relationship, this report contains questions to reflect on, and a Values-based Action Planning worksheet.

Before making any significant changes based on these findings, we recommend seeking the advice of a trusted friend, coach, or relationship therapist to support you in any change.

YOUR HIGHEST PRIORITY VALUES

The table below shows the highest priority relationship values for each of you. Your responses 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 in each partner's individual report.

TINA'S HIGHEST PRIORITY VALUES	
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

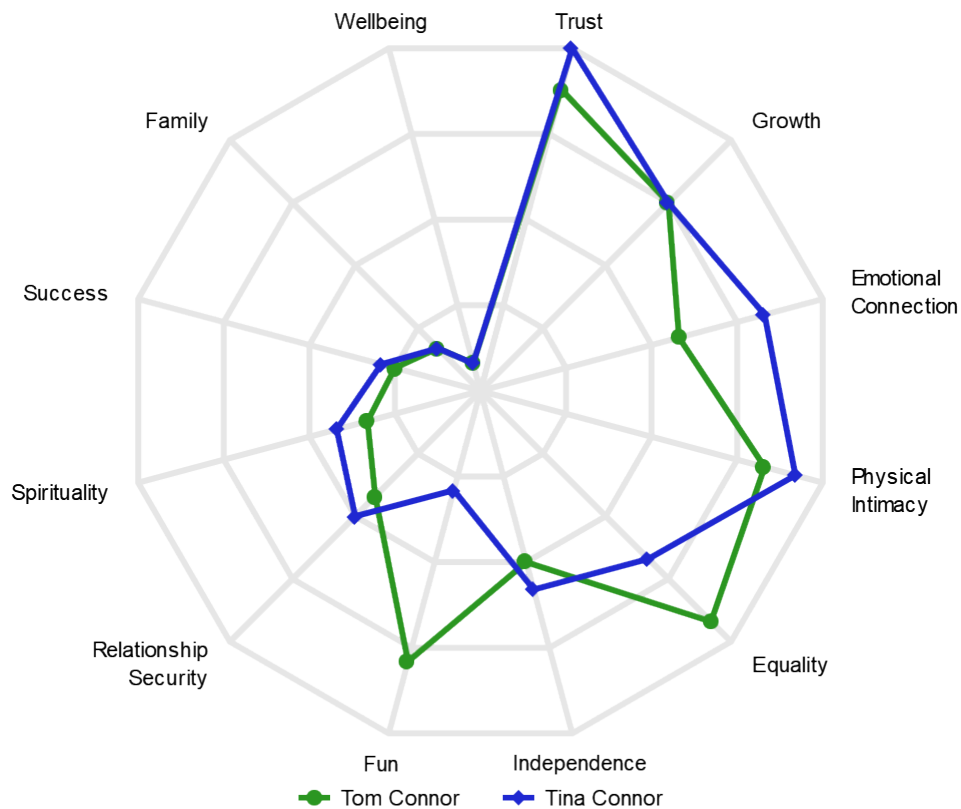
TOM'S HIGHEST PRIORITY VALUES	
Value	Related Concepts
Equality	Fairness, Sharing, Equity
Trust	Integrity, Fidelity, Transparency
Physical Intimacy	Touch, Sex, Closeness
Fun	Joy, Pleasure, Humour
Growth	Learning, Exploration, Experiences

PARTNER COMPARISON FOR ALL VALUES

This chart shows the scores for all 12 Relationship Values for both Tina and Tom.

Scores closer to the outer edge of the chart mean that this is a higher priority value for that person. You can also look for those values where your scores are close together – this represents a shared value. Where a value is both shared, and close to the outer edge, this means that it is a shared priority value – very important to both of you.

The values on the chart are displayed in clockwise order of shared importance, with the value at the top right (Trust) receiving the highest combined score for both partners.



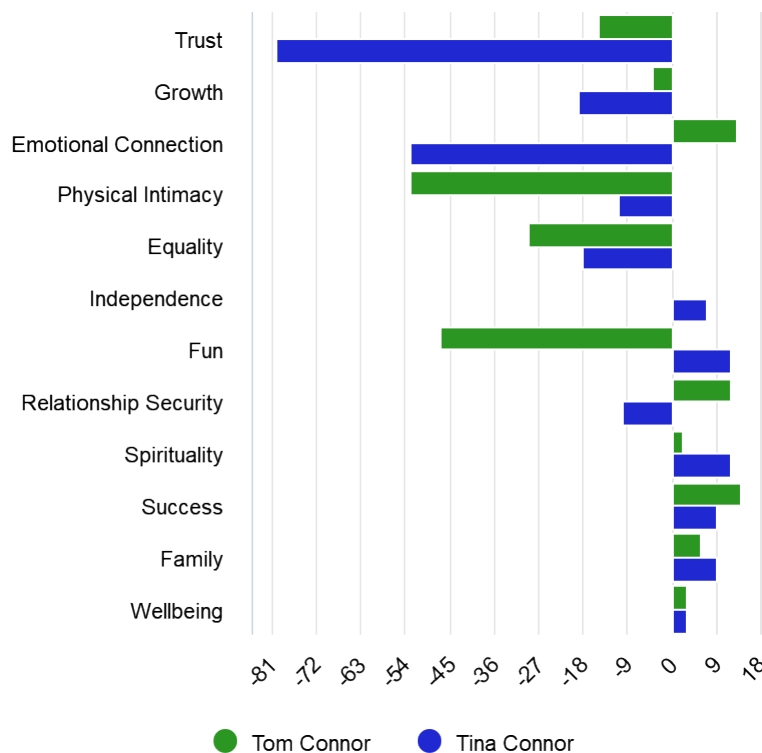
TINA AND TOM'S LEVEL OF VALUES SATISFACTION IN THEIR RELATIONSHIP

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

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.



REFLECTION EXERCISE 1: DIFFERENCES IN WHAT WE VALUE

Below are the 2 values that you each scored more highly than your partner in terms of how much of a priority they are.

Use the questions in the left-hand column to reflect on what this means to your relationship, and

Questions to reflect on	Value	Our Reflections
- How does the difference in how we value this in a relationship show up? - Does the difference in how much we value this cause any challenges, or has it in the past? - Do either of us feel that the other person values this too much, or too little? What is the impact? - Is there something that gets less priority because of the higher value one of us places on this value? - Does the difference in how we value this need to be addressed? - How can we ensure that the one who values this more can be supported to live this value in our relationship?	Tina places a higher priority on these values	
	Emotional Connection 	
	Trust 	
	Tom places a higher priority on these values	
	Fun 	
	Equality 	

REFLECTION EXERCISE 2: SHARED AREAS OF LEAST SATISFACTION

Below are the 4 values that your combined scores show you are least satisfied with in terms of how they are being met in your relationship. Like the chart on page 5, satisfaction is a weighted score combining how important a value is to you, and how well it is being met in your relationship. Use the questions in the left-hand column to reflect on what this means for your relationship, and how you can work together to ensure your shared relationship values are being met more fully.

Questions to reflect on	Value	Our Reflections
- How are we each experiencing this value in our relationship? - For each of us, what would it look like if this value was being more fully lived and met in the relationship? - How important is it for us to address this? What would it mean for us if we improved the extent to which we live this value? - Are there other things that we prioritise that stop this value being met? - If so, are these values we would consciously choose to make a priority? - Is there anything we would need to deprioritise to live this value more? Are we prepared to do that? - Are we equally responsible for taking action to address this, or does one of us need to take more of the lead? - Can we seek to each have this value met independent of the relationship, or is it something we need or want to experience together? - What tangible actions can we commit today to improve our shared contentment with this area of our relationship? - What would we be seeing, hearing and feeling that would tell us this value is being better lived in our relationship?	Trust 	
	Physical Intimacy 	
	Equality 	
	Emotional Connection 	

REFLECTION EXERCISE 3: DIFFERENCES IN VALUES SATISFACTION

The table below shows the 2 values where you most differed in terms of how satisfied you are with how they are being met in your relationship. Like the chart on page 5, satisfaction is a weighted score combining how important a value is to you, and how well it is being met in your relationship. Use the questions in the left-hand column to reflect on what this means for your relationship, and whether any action is required to ensure both partners are having their values met in the relationship.

Questions to reflect on	Value	Our Reflections
- How are we each experiencing this value in our relationship? - For the partner that is less satisfied with this value, what is behind this dissatisfaction? - Is this difference a surprise to either of us? - Is it something we have talked about before? What has been the result? - For the person who is less satisfied with this value, what do you see as getting in the way? Are there other things that get prioritised? - Is this something that needs to be worked on by just one of us, or both? - Can the person who is less satisfied seek to have this value met independent of the relationship? If so, how comfortable are we both with this? - What actions can we take to improve our shared contentment with this area of our relationship? - What would we be seeing, hearing and feeling that would tell us this area of our relationship has improved?	Tina is less satisfied than Tom with how they are living these values in the relationship	
	Fun 	
	Physical Intimacy 	
	Tom is less satisfied than Tina with how they are living these values in the relationship	
	Emotional Connection 	
	Trust 	



Thank you Tina and Tom

Thank you for completing Values Amplifier. We hope you found the results interesting and valuable.

If you had a great experience, we'd love it if you could leave us a Google review.

[Click here to leave a review](#) or scan the QR code below



If something didn't work for you, we also want to hear from you so that we can keep improving. You can email us directly on info@valuestest.com

Invite a friend

If you know someone who is:

- Seeking more balance, wellbeing or direction in life
- Wanting to improve their experience at work and align their career with their values
- Reflecting on how their current relationship is meeting their needs
- Searching for their perfect match in love

Then why not show them your support by letting them know about Values Amplifier? To make it simple, we've even pre-filled an email with the information they need. Feel free to edit or add your own words.

[Click here to send them an email](#)