

LAT Values Alignment Exercise

This worksheet helps individuals or couples reflect on how their personal and shared values align (or conflict) with a Living Apart Together arrangement. It's designed to bring depth, clarity, and honest discussion.

Part 1: My Top Relationship Values

Instructions:

From the list below, circle the five values that matter most to *you* in a romantic relationship. Feel free to add your own if needed.

Core Value Options:

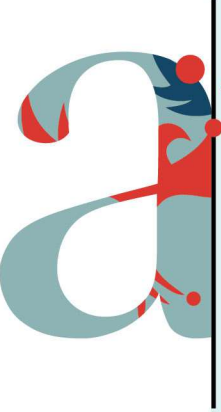
- Trust
- Autonomy
- Consistency
- Communication
- Freedom
- Adventure
- Stability
- Growth
- Intimacy
- Routine
- Flexibility
- Presence
- Playfulness
- Emotional safety
- Commitment
- Privacy
- Dependability
- Novelty
- Partnership
- Self-expression

Optional Prompt:

"I feel most like myself in a relationship when _____."

Part 2: Reflection Questions

1. How do I define each of my five chosen values in my own words?
2. Which of these values feel *supported* by a LAT arrangement? How?

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3. Which values might feel *challenged* or harder to meet in a LAT relationship?
 4. Are there creative ways to meet those values even if we don't live together?
 5. Do I feel like I've compromised my values in past living situations? How?
 6. How well do I think my partner's values align with mine right now?

Part 3: Shared Values Discussion (for couples)

Compare value selections with your partner. Highlight shared values and talk about the ones you each chose individually.

Discussion Prompts:

- Where do we align?
- Where do we differ and why do those values matter to each of us?
- How can we design our LAT setup to reflect our top shared values?
- What's one small action we could take this week to live more fully into our values?