



**Marriage & Family Therapy of Trumbull**  
Helping individuals, couples and families

## Balance Wheel

Write a word that describes aspects of partnership, intimacy or connection at the tip of each line (e.g. hug, kiss, touch, smile). Then rate your “score” for today from 1-10 on the line (1 is the center and 10 is the tip). Connect the dots and see where your wheel is out of balance.

