

The Quantumarian Way Tool Kit

Relationship Coherence Chart

Use the Relationship Coherence Chart to understand how emotional tone, communication rhythm, physical presence, and shared direction shape your connection with another person. This tool helps you recognize patterns of alignment and supports healthier and more harmonious relationships. Download the chart to bring clarity and balance to your interactions.

his chart supports your awareness of how coherence influences your interactions.

This scale helps you observe the alignment within your interactions.

1 to 2	Strong Disconnection	The interaction felt tense, reactive, or unsettled.
3 to 4	Low Coherence	You sensed misalignment or misunderstanding.
5 to 6	Moderate Coherence	The relationship moment carried both stable and unstable elements.
7 to 8	High Coherence	You felt connected, understood, and steady during the exchange.
9 to 10	Strong Relational Alignment	The interaction felt open, clear, and grounded. Presence and understanding were strong.

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Instructions:

- Record one interaction each day or each week.
- Rate the coherence of the moment.
- Add a brief note about what strengthened or disrupted the connection

Relationship Coherence Chart																															
RATING																															
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DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31