

QUICK ASSESSMENT OF IMPORTANT RELATIONSHIPS IN YOUR LIFE

Write down the five most significant people in your life (whether they are healthy, unhealthy, or even toxic).
Rate how important the relationships is to you, how stressful it is, priority and worthiness in terms of improving upon.

Name	What are they to you? What makes them valued in your life?	How important? (1-10 highest)	Current health of relationship (1 = toxic to 10 = healthy)	How stressful? (1-10 highest)	Worth improving? (0 = not at all to 10 = essential)

TOP FIVE QUALITIES IN MYSELF THAT I WANT TO CULTIVATE IN IMPORTANT RELATIONSHIPS

List five personal qualities that you want to be in relationships. Examples: <i>Honest, Caring, Compassionate, Sense of Humor, Fun, Supportive, Loving, Patient, Engaging, Connected, etc.</i>			Rate how well you are creating these qualities in your relationships. 1 = Not at All to 5 = Wonderfully		
1			1	2	3 4 5
2			1	2	3 4 5
3			1	2	3 4 5
4			1	2	3 4 5
5			1	2	3 4 5

Imagine yourself one year from today, you have built confidence in your ability to feel more secure, safe, and joy within your relationships, what are you doing differently? Specify for your romantic relationship only, or friends, family, overall.

DECIPHERING MY BELIEFS ABOUT RELATIONSHIPS

What is a healthy relationship, in your opinion?

What is an unhealthy relationship, in your opinion?

What would it look like?

What would it look like?

What are 3 words you would use to describe a healthy relationship?

What are 3 words you would use to describe an unhealthy relationship?

How does a healthy relationship feel?

How does an unhealthy relationship feel?

FOUNDATION OF A SECURELY ATTACHED RELATIONSHIP

LOVE

Describe in Your Own Words

TRUST

Describe in Your Own Words

VULNERABILITY

Describe in Your Own Words

RESPECT & APPRECIATION

Describe in Your Own Words

BOUNDARIES & STATING NEEDS AND LIMITS

Describe in Your Own Words

COMMUNICATION & CONNECTION

Describe in Your Own Words

SIMPLE IDENTIFYING EXERCISE: DO I HAVE HEALTHY RELATIONSHIPS?

I listen when others speak

I can tell you what my significant other OR friend said to me the last time we talked

I help someone without expecting anything in return

I can empathize with/feel someone else's feelings

I feel close to another person

I feel respected in my relationships

I respect others in my relationships

I feel heard by others

I feel that my closest friends and family members empathize with me and truly understand my feelings

I let others help me

I feel compassion for myself at all times, even when I make mistakes

I value myself

I have people in my life whom I trust

I have a friend who knows me as well as I know myself

I have healthy boundaries with my parents and/or siblings

I have at least one good friend that I can be completely honest and real with (and he/she accepts me)

I feel valued for who I am

I value others for who they are and understand everyone has limitations and areas to improve on

I value others for what they can do for me and am able to gratefully receive as appropriate

I am able to observe and be aware of others' emotional boundaries (and I understand what this means)

Do you ask for support when you need it?

Describe a recent time you voiced your wants in a current or recent relationship.

Did you feel worthy and confident in asking for what you needed? Or did this feel uncomfortable?

What value do you see in ensuring you are asking for support in your relationship?

Describe how you will communicate your needs clearly in a proactive, calm and respectful way?