

Evaluating My Relationships

These questions are not designed to tell you what is right or wrong, good or bad in a relationship but to help you think about and explore how you function in relation to another in terms of connection/disconnection and what feels best to you for each specific relationship.

Think of a significant relationship in your life now or recently (a friend, roommate, parent, romantic partner, etc.):

- a) How much time do you spend with the other person?
- b) How easy is it to express and pursue your own interests, activities, and opinions?
- c) How easy is it to share your personal needs and concerns?
- d) How easy is it to disagree?
- e) How available and dependable is the other person?
- f) How acceptable is it to have time for yourself or other friendships?
- g) How authentic are you in the relationship?
- h) How much respect for privacy is there?
- i) How much affection and appreciation is expressed?
- j) Was the relationship ever different than it is now?
- k) What would you like to see change?
- l) Is there something stressful happening right now that could be impacting the way you interact?
- m) Are there problems from the past that were never resolved and are now resurfacing?