

Chapter 3 – Symptoms Sheet – RELATIONSHIPS

This straightforward exercise will allow you to pinpoint exactly what bothers you the most. Whilst it states the obvious, the idea is that you are tracing a line in the sand and will be able to go back to it once you have done the work to see how much you have achieved.

Tick all the following statements that apply to you and mark them like so:

- 1 – I experience this but I can live with it
- 2 – I experience this and it's a problem
- 3 – This is actually affecting me a lot

STATEMENT	✓	1 - 2 - 3
They never listen to me		
I can never get it right		
They wind me up		
The situation makes me feel sad		
I don't understand why they act like they do		
I don't feel respected		
They shouldn't be like this		
Why do I always have to make the effort?		
They don't realise what I do for them		
They take me for granted		
Always nagging		
We don't really know each other anymore		
I have marriage issues		
I'm stuck in a rut		
I'm not as happy as I could be		
I'm fed up with it		
I don't want to be this unhappy for the rest of my life		
Why is it like this after all this time?		
Surely if they loved me, they would do this?		
It's like being flatmates		
I've had enough		

Answer the following 2 questions with the first thing that springs to your mind.

What do you feel your biggest challenges are?

Why do you feel things aren't going your way?
