



Chapter 4 Worksheet – RELATIONSHIPS

This exercise may seem overly pessimistic but is essential for the rest of the journey. Please make sure you answer the questions as honestly as possible.

Go back through the Chapter 3 Symptoms Sheet and answer the following 2 questions.

Are all your answers in the same categories (i.e. communication, disappointment, expectations, etc.)? List them all.

Are these issues new to this relationship or have you experienced them before? Is there a pattern and if so, what is it?

Clear your head and answer the following questions with the first things that come to your mind.

In your eyes, what are all the negatives about the relationship (not the person)?

In your eyes, what are all the negatives about your partner?

In your eyes, what are the main areas that need to improve?
