



Relationship Inventory

10 Reflection Questions to Improve Your Relationships

Choose a relationship *at work* that needs... *work*. Pick a relationship that you think would benefit the overall organization, if you spent focused and intentional time improving the “health” of the relationship. My person is _____.

1. What do I think is working well between us?
2. What do I think could be improved?
3. What specific conflicts do we seem to experience in and among this relationship?
4. What do I think is at the root of the conflict?
5. What do I think you I can do differently to enhance this relationship?
6. What do I *want* from this working relationship?
7. What can I start doing; stop doing; or continue to do to help develop trust, provide support and facilitate effective and respectful collaboration between us?
8. What can the other person start doing; stop doing; or continue to do to help develop trust; provide support; and facilitate effective and respectful collaboration between us?
9. What do I value about the other person?
10. What are my clear offers and requests that I *think* will forward this relationship?
11. What are my next steps and commitments to improve this relationship?

Summary of my Reflections