



Relationship Inventory

Reflection Guide

Please think about your answers to the following questions to determine if there is a relationship that you would like to reset.

Name of Individual _____.

Ponder and Reflect

1. How would you describe the current state of the relationship?
2. What are the primary relationship challenges from your point of view?
3. What do you value about the other person?
4. What do you *think* about those challenges?
5. How do you *feel* about the challenges?
6. What are your hopes for yourself as a part of this relationship? For the other person? For the two of you together?

7. What is your trust level in the other person and *why*?

-competence (knowledge skills and abilities): low-average-high

-character (trustworthiness): low-average-high

-communication (communication both face to face and email): low-average-high

8. What are you willing to do differently to further develop trust and master conflict in a healthy way? (offers)

9. What could this person need to do differently to further develop trust and master conflict in a healthy and productive way (requests)?

Forgiveness Inventory

Is there an opportunity for you to forgive an offense? Reflect on the following:

What was the offense, or series of offenses?

What is the story that you are telling yourself about this individual, based on your experience with them?

What specific steps can you take to rewrite the relational script that would be a story based on facts, rather than fiction?

Are you holding on to resentment or bitterness?

Are you ready to begin the process to let go of the resentment, to make room for a new beginning?

Make the choice to forgive and make room for healing to begin:

- Insert name of person who hurt you by words or action (what they did or said that caused you pain). _____ hurt me by _____.
- Claim this intention: My feelings may catch up at some point with my choice to forgive _____. My heart's desire is to live wholeheartedly, by having mercy and compassion for _____.

Commitment

My commitment moving forward is to take the following steps toward a happier, healthier relationship...