

RELATIONSHIPS – TO BETTER

This worksheet aims to begin a process of thinking about ways to open common ground, to make enough change so you can release tension and seek solutions. Ideally, both parties would participate in this evaluation; you cannot change someone unwilling to admit a problem in the relationship. However, you can take personal steps to avoid the landmines.

List one of the other person's top behaviors (partner, mother, father, sibling, friend, co-worker, etc.) you would like to be different. How/why does it affect you?

What actions can they take to improve how you feel?

If they do this, how would that change the way you relate to them?

What can you do to help motivate this person toward change? What incentive do they need to act in the new way you need?

List five good things about this person that motivate you to improve the relationship:
