

MADE WELL CENTER FOR WHOLENESS:

# RELATIONSHIP REFLECTIONS

Weekly reflective questions to help you regain focus, purpose, and perspective of the relationship you entered into.

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*"To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable. To love is to be vulnerable."*

*--C.S. Lewis*



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# Things to Note:



These questions are intended to help you reflect on your relationship, the contributions you make to it, your beliefs about its potential, and your ability to shift yourself to create a healthier and more safe space for relating to one another. It's okay to reflect the same things over and over again (in fact it's good - neuroplasticity!)

Fill in the blanks, and choose to reflect on these questions on a weekly basis. Stay focused, stay intentional.

# Time to reflect:

1) What I believe about commitment to my relationship:

2) What I want to believe about MY relationship is:

3) One thing I am grateful for in my partner is:

4) The type of person I want to be in the context of my relationship is (describe in detail):

5) One way I feel most supported by my partner is:

6) One way I seek to support my partner is:



# Time to reflect:

7) How I seek to express love to my partner is through:

8) I am aware my partner seeks to express love to me through:

9) Things that I can change within myself to help make this relationship more secure, safe, and stable:

10) One reason I have difficulty understanding my partner:

11) One area where I have difficulty communicating with my partner is:



# Time to reflect:

12) One thing I want to focus on changing that will positively impact my relationship is:

13) Things I've learned about myself through the context of this relationship include:

14) Ways in which I've seen my partner grow through the course of this relationship include:

15) One way I can commit to focusing on positive change for my relationship TODAY is:

16) One action of practice to focus on healthy change THIS WEEK includes:

