



Evaluating My Relationship

The purpose of this exercise is to help you start thinking about different aspects of your relationship. If you are not in a 'dating' relationship right now, focus on a past relationship or a present relationship with a friend or family member. Ask yourself the following questions about that person and your relationship with him or her.

I am evaluating my relationship with: _____

🔍 Can you name five things about this person that you really like? 1. _____
2. _____ 3. _____
4. _____ 5. _____

🔍 Can you name five things about this person that you really dislike? 1. _____
2. _____ 3. _____
4. _____ 5. _____

🔍 Do you think this person's relationships with family and friends are healthy? Why or why not? _____

🔍 Does this person encourage you to have other friends, or discourage other friendships? In what way? _____

🔍 Can you name three things this person is interested in besides you? 1. _____
2. _____ 3. _____

🔍 Can you name three activities that you participate in without this person?
1. _____
2. _____ 3. _____

🔍 Do you both have equal decision-making power in your relationship? _____

🔍 How do the two of you usually handle conflicts? _____

🔍 Since you have been in this relationship, do you generally feel better about yourself, worse about yourself, or about the same? _____