



# RELATIONSHIP REFLECTION WORKSHEET



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MINDFUL PATH COUNSELLING

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## Relationship Reflection Worksheet

This worksheet is designed to help you reflect on your relationships, whether romantic, familial, or with close friends. Taking time to reflect can bring clarity to your needs, values, and boundaries, helping you to create more fulfilling and healthy connections. Use this as an opportunity for growth and self-awareness.

### **1) Current Relationship Status**

- How do you feel about your current relationship(s)? (Consider all types of relationships: romantic, familial, friendships, etc.)
  
- What emotions do you experience when you think about this relationship?
  
- Are there any areas where you feel stuck or uncertain in your relationships right now?

## 2) Your Values in Relationships

- What values are most important to you when it comes to relationships?  
(e.g., trust, respect, communication, honesty, kindness, support)
  
- Do your relationships currently align with these values? If yes, how? If not, in what areas do you feel out of alignment?
  
- Reflect on a past relationship where you felt truly valued. What made you feel that way?

### **3) Boundaries in Relationships**

- What boundaries do you currently have in place in your relationships?  
(Think about emotional, physical, and mental boundaries.)
  
- Are there any boundaries you're afraid to set? Why?
  
- How might you feel if you were to set clearer boundaries in your relationships?
  
- Think about an area where you could begin setting a small boundary this week. What would that look like?

#### **4) Communication Patterns**

- How would you describe your communication style in relationships? Are you open and honest, or do you tend to avoid certain topics?
  
- When conflict arises, how do you typically respond? (e.g., withdrawal, confrontation, avoidance, silence)
  
- What could you change about your communication style to better reflect your values and needs?

## 5) Self-Compassion & Acceptance

- In your relationships, how often do you show yourself kindness? Are there moments when you feel critical of yourself in these connections?
  
- Think about a time when you struggled in a relationship. What self-compassionate response would have helped you then?
  
- How can you bring more acceptance into your relationships, acknowledging that neither you nor your partner/friend need to be perfect to be deserving of love and connection?

## 6) Moving Forward: Actions and Intentions

- What is one action you can take this week to nurture your relationship(s)? (It could be something small, like initiating a meaningful conversation or setting a boundary.)
  
- How can you use mindfulness to stay present in your relationships, noticing what's happening in the moment rather than being overwhelmed by past fears or future worries?
  
- How can you be more true to yourself and your values in your relationships moving forward?

