

Relationship Inventory

1. Take your time. Do a worksheet for each important relationship in your life.
2. You may be tempted to only describe problem relationships, but if you do that you risk not paying attention to any of the positive relationships in your life.
3. If all of your relationships seem like problems this probably just means that you're very depressed. We encourage you not to try to fix everything at once. Pick a few relationships to work on and if that goes well you can move onto others.
4. If you can't think of any important relationships in your life, or if you really have no important relationships, it may be because you've been depressed or shy for a long time. It may be that you'll have to start by working on whatever relationships you do have. Complete a worksheet for everybody - even if they do not feel very close or important.

1. Name of Other Person:

2. Description of the relationship:

3. What I like about the relationship:

4. What I don't like about the relationship:

5. What I expect from the other person:

6. What I get from the other person:

7. What the other person expects from me:

8. What the other person gets from me:

9. The problem in this relationship is:

10. The Problem Area in this relationship is:

grief / loss dispute role transition shyness and sensitivity