

Relationship Workbook

Patient Information

Full Name: _____

Date of Birth (MM/DD/YY): _____ Gender: _____

Contact Number: _____ Email Address: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Relationship to Emergency Contact: _____

Introduction

Making the decision to end a relationship is never easy, but sometimes it's necessary for our well-being and happiness. The Relationship Pros and Cons worksheet is a tool designed to help you weigh the advantages and disadvantages of staying in a relationship, allowing you to make an informed decision about your future.

Relationship Pros and Cons

Pros	Cons
What are some benefits of staying in this relationship?	What are some drawbacks of staying in this relationship?
What are some positive aspects of your partner?	What are some negative aspects of your partner?
What do you enjoy about spending time with your partner?	What do you dislike about spending time with your partner?
What are some shared values and interests between you and your partner?	What are some areas where you and your partner disagree or have conflict?
What are some positive aspects of the relationship itself (e.g., support, stability, companionship)?	What are some negative aspects of the relationship (e.g., lack of trust, lack of communication, feeling trapped)?
How would your life change if you were to end the relationship?	What are some fears or concerns you have about ending the relationship?

Exploring Your Decision

After completing the pros and cons list, take some time to reflect on your answers. Ask yourself the following questions:

How do I feel about my list of pros and cons?

Do the benefits of staying in the relationship outweigh the costs?

Am I willing to work on the negative aspects of the relationship or is it time to move on?

What steps can I take to address the negative aspects of the relationship, if I choose to stay?

What steps can I take to prepare for ending the relationship, if I choose to do so?

Moving Forward

After reflecting on your answers and considering your options, it's time to make a decision. Remember that there is no right or wrong answer, and ultimately, the decision should be based on what is best for you and your well-being.

Relationship Contract

1. PARTIES INVOLVED.

This Relationship Contract ("Agreement") is dated _____, 20____, and is written for the mutual benefit of the relationship. Furthermore, this Agreement is solely meant to establish rules and boundaries for a loving and fulfilling relationship.

Name:

Name:

This document also acknowledges partnerships with more than two parties, add individuals if needed or create a separate contract for expectations and commitments to these individuals.

_____ and _____ are each referred to herein as a "Partner" and, collectively, as the "Couple."

2. EXCLUSIVITY.

The Couple agrees to be in an:

- Exclusive Relationship. *This means each Partner agrees to be faithful sexually and emotionally. No other sexual partners are allowed.*
- Open Relationship. *This means each Partner is not obligated to be faithful to the other sexually or emotionally.*

When participating in sexual acts outside of the relationship, the sexually active Partner is:

- Required to use sexual protection. Not Required to use sexual protection.
- Other:

3. LIVING ARRANGEMENTS.

The Couple agrees to live:

- Separately. *Each Partner agrees to live in their own residence and be responsible for their own living expenses.*
- Together. *The Couple agrees to live together and share the same residence. In addition, each Partner is responsible and committed to the following living expenses:*

4. INCOME.

The Couple agrees that each Partner's income is:

- Their Own. *During the term of this Agreement, any income earned by each Partner shall be their own.*
- Shared. *During the term of this Agreement, all income generated by each Partner shall be the Couple's property.*

5. BANK ACCOUNTS.

The Couple agrees to have:

- Their own SEPARATE Bank Accounts. *Each Partner is not required to share access of their bank accounts with the other.*
- SEPARATE and SHARED Bank Accounts. *Each Partner may have their own separate bank accounts. In addition, the Couple is required to create a shared bank account that must be funded equally by the Partners.*
- MERGE ALL into a Shared Bank Account. *The Couple is required to merge all their cash (located in checking and savings accounts only) into a shared bank account.*

6. PERSONAL NEEDS.

The Couple agrees to meet the following needs:

Sexual expectations and wishes:

This will be met by/through:

Shared time/ quality time:

This will be met by/through:

7. TERMINATION.

This Agreement shall continue until a:

Breakup.

This Agreement shall continue until one Partner gives notice to the other of breaking up and, therefore, this Agreement's termination. In the event of a breakup, if there are any financial obligations under this Agreement, each Partner shall remain liable to such commitments for an additional ____ days after the breakup date.

End Date.

This Agreement shall continue until the end date of _____, 20____ ("End Date"). No commitments shall be obligated to either Partner after the End Date.

8. MUTUAL RESPECT.

To maintain a fair and transparent relationship, the Couple agrees to the following: (Initial where applicable)
eg. Honesty, political views, family arrangements, and disputes.

- a.)
- b.)
- c.)
- d.)
- e.)

ADDITIONAL TERMS.

EXECUTION.

Each Partner agrees they have read and understood this Agreement in its entirety and have executed on the undersigned date.

Print Name: _____ Date: _____

Print Name: _____ Date: _____

Healthy Boundaries Worksheet

Objective:

This worksheet is designed to help individuals identify and establish healthy boundaries in various areas of their lives. By reflecting on personal values, needs, and comfort levels, users can better understand how to maintain healthy relationships with themselves and others.

Instructions:

1. Read each category carefully.
2. Reflect on your values, needs, and comfort levels in each area.
3. In the 'Personal Boundaries' column, write down the boundaries you want to set in that area.
4. In the 'Action Plan' column, list the steps you will take to implement and maintain these boundaries.

Area	Personal Boundaries	Action Plan
Emotional Boundaries		
Physical Boundaries		
Time Boundaries		
Intellectual Boundaries		
Material Boundaries		
Relationship Boundaries		
Professional/Work Boundaries		
Digital/Online Boundaries		

Areas Explained:

- 1. Emotional Boundaries:** The limits you set on sharing and receiving emotions, including how you express and manage your feelings with others.
- 2. Physical Boundaries:** The limits you set on touch, personal space, and physical safety.
- 3. Time Boundaries:** The limits you set on allocating your time, including work-life balance and time spent with others.
- 4. Intellectual Boundaries:** The limits you set on sharing and receiving thoughts, ideas, and opinions, including respectful disagreement and intellectual property.
- 5. Material Boundaries:** The limits you set on sharing, lending, or borrowing personal possessions and money.
- 6. Relationship Boundaries:** The limits you set on behaviors and expectations within different relationships, such as romantic partners, family, and friends.
- 7. Work/Professional Boundaries:** The limits you set on work-related tasks, responsibilities, and interactions with colleagues and supervisors.
- 8. Digital/Online Boundaries:** The limits you set on digital communication and social media usage, including sharing personal information, privacy settings, and screen time.

Remember: Boundaries are personal, and no right or wrong answer exists. The goal is to establish boundaries that promote your well-being and help maintain healthy relationships with others. Be open to revisiting and adjusting your boundaries as your needs and circumstances change.

Communication Worksheet

Activity A - Effective Communication

Instructions: Answer the following questions to reflect on your understanding and practice of effective communication. Take your time to provide thoughtful and honest responses.

What does effective communication mean to you? How would you define it in your own words?

Why is effective communication important in personal relationships, workplace settings, and other areas of your life?

Identify three key elements or skills that you believe contribute to effective communication. Explain why you consider them important.

a.
b.
c.

Activity B - Handling Communication Scenarios

Instructions: Read each scenario carefully and answer the questions regarding how you would handle the situation effectively.

Scenario 1:

You are working on a group project, and one of your team members constantly interrupts others and dominates the conversation, making it difficult for others to contribute.

How would you address this situation without causing conflict or disrespect?

- a.) Interrupt the team member back to regain control of the conversation.
- b.) Politely request that the team member allows others to speak and listen actively to their contributions.
- c.) Avoid confronting the team member and remain silent throughout the discussion.
- d.) Complain about the team member's behavior to other group members after the meeting.

Scenario 2:

During a conversation with a close friend, they share some personal problems and ask for your advice. However, you disagree with their viewpoint and don't want to hurt their feelings.

How would you respond in a supportive and respectful manner?

- a.) Criticize your friend's perspective and explain why they are wrong.
- b.) Offer your opinion and dismiss your friend's feelings.
- c.) Listen attentively, validate their emotions, and offer alternative perspectives or solutions with empathy.
- d.) Change the topic to avoid discussing their problems altogether.

Scenario 3:

You receive an email from a colleague criticizing your recent work, which you believe is unfair and inaccurate.

How would you handle this situation professionally and constructively?

- a.) Reply to the email defensively, pointing out flaws in your colleague's work.
- b.) Ignore the email and avoid addressing the criticism.
- c.) Schedule a meeting or call with your colleague to discuss their concerns and find common ground.
- d.) Forward the email to your supervisor or manager to seek their intervention.

Scenario 4:

You are leading a team meeting, and one team member consistently arrives late and disrupts the flow of the discussion.

How would you address this issue and encourage punctuality?

- a.) Ignore the team member's tardiness and continue with the meeting as planned.
- b.) Publicly reprimand the team member for their consistent lateness.
- c.) Speak with the team member privately to discuss the importance of punctuality and its impact on the team.
- d.) Extend the meeting duration to accommodate the team member's late arrival.

Scenario 5:

You are in a disagreement with a coworker about a project approach, and tensions are rising.

How would you approach resolving the conflict constructively?

- a.) Insist on your viewpoint and refuse to consider your coworker's perspective.
- b.) Engage in personal attacks and make derogatory comments about your coworker.
- c.) Initiate a calm and open discussion, actively listening to your coworker's perspective, and finding common ground or compromise.
- d.) Escalate the conflict to a supervisor or manager without attempting to resolve it directly.

Scenario 6:

You are assigned to deliver a presentation to a diverse audience with varying levels of knowledge and understanding of the topic.

How would you tailor your communication to effectively engage and connect with the audience?

- a.) Use technical jargon and complex terms to showcase your expertise.
- b.) Deliver the presentation without considering the audience's background and level of understanding.
- c.) Adapt your language and examples to suit the audience's level of knowledge, providing clear explanations and relatable examples.
- d.) Rush through the presentation to ensure you cover all the content, disregarding the audience's comprehension.

Love Language Test

Instructions: For each statement, indicate how much you agree or disagree with it by selecting the corresponding number.

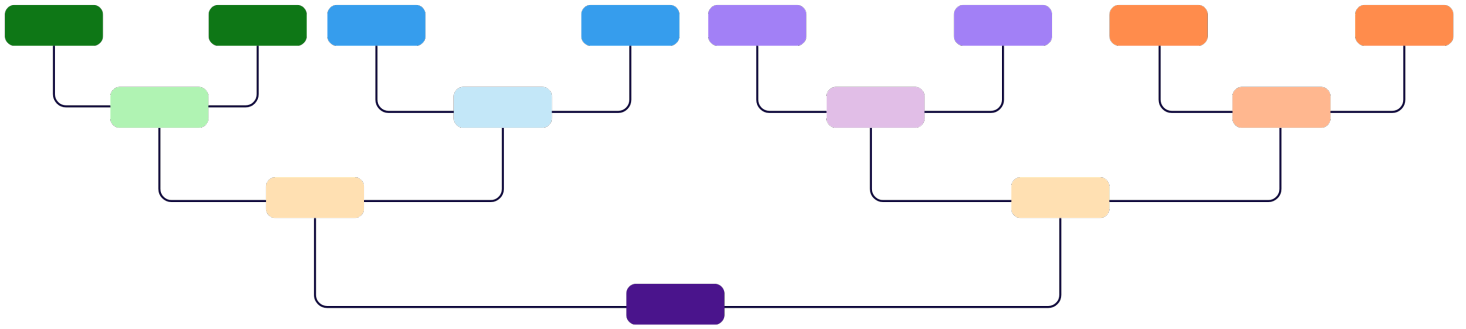
1 = Strongly Disagree 2 = Somewhat Disagree 3 = Neutral 4 = Somewhat Agree 5 = Strongly Agree

Statements	Rating				
Words of Affliction	1	2	3	4	5
I appreciate it when people tell me how much they love and appreciate me.					
Hearing "I love you" from my loved ones means a lot to me.					
It makes me feel good when my loved ones thank me for doing something for them					
I like it when my loved ones encourage me and believe in me.					
When people give me positive feedback, it makes me feel valued.					
Quality Time					
I feel most connected to my loved ones when we spend uninterrupted time together.					
I appreciate it when my loved ones put aside distractions and actively engage with me.					
Going on trips or exploring new places with my loved ones is important to me.					
I value having deep and meaningful conversations with the people that I love.					
I enjoy engaging in fun and playful activities with the people that I love, like playing games or going on adventures.					
Receiving Gifts					
It means a lot to me when people remember special occasions with thoughtful gifts.					
I feel loved when I receive thoughtful gifts.					
I appreciate surprises with small tokens of affection.					
I enjoy giving and receiving symbolic gifts, like matching jewelry or mementos.					
When people put effort into choosing a gift for me, it makes me feel loved.					

CONTINUATION					
Statements	Rating				
<i>Acts of Service</i>	1	2	3	4	5
I feel most loved when my loved ones help me with tasks or chores without me having to ask.					
It means a lot to me when my loved ones take care of practical things for me, like running errands.					
Small gestures like making me coffee or packing my lunch for the day make me feel loved.					
It makes me feel supported when they're willing to help with difficult tasks.					
I appreciate it when my loved ones make life easier for me by taking on extra responsibilities.					
<i>Physical Touch</i>					
Physical touch, like holding hands or hugging, is an important way for me to feel connected to them.					
Holding hands, cuddling, or being close to my loved ones make me feel secure.					
I appreciate it when my loved ones touch me affectionately throughout the day.					
When my loved ones initiates physical intimacy, it makes me feel desired and loved					
I feel most connected to the people that I love when we touch frequently.					
<i>Quality Conversation</i>					
I feel most connected to the people that I love when we have deep and meaningful conversations.					
I appreciate it when people actively listen to me and ask questions to understand me better.					
Discussing our feelings and thoughts is an important part of my relationship with my loved ones.					
Having open and honest communication is a priority for me in my relationship.					
I value when my loved ones share their ideas and perspectives with me.					

CONTINUATION					
Statements	Rating				
<i>Affirmation Through Actions</i>	1	2	3	4	5
Small gestures like opening doors or holding hands make me feel loved.					
It means a lot to me when my people remember things that are important to me.					
I feel loved when people support me in pursuing my goals and dreams.					
When people goes out of their way to make me feel happy or comfortable, it makes me feel special.					
I feel valued when people show me kindness and consideration through their actions.					
Scoring					
For each statement, add up the number that corresponds to your answer. Then, add up your total score for each love language.					
Love Language	Score				
Words of affirmation					
Quality time					
Receiving gifts					
Acts of service					
Physical touch					
Quality conversation					
Affirmation through actions					
Interpreting your results					
<p>The love language with the highest score is likely your primary love language, which means it's the way you most strongly prefer to receive love from your partner or loved ones. The love language with the second highest score is likely your secondary love language, which means it's another important way for you to feel loved and connected in your relationship.</p> <p>Remember, this quiz is just a tool to help you better understand yourself and your partner/friends, and your family's love language preferences. It's important to communicate openly and honestly with your partner about how you prefer to give and receive love.</p>					

Relationship Chart



Instructions: Write the names on the squares that match the colors indicated in the chart above.