

## RELATIONSHIPS – TO BETTER

This worksheet aims to begin a process of thinking about ways to open common ground, to make enough change so you can release tension and seek solutions. Ideally, both parties would participate in this evaluation; you cannot change someone unwilling to admit a problem in the relationship. However, you can take personal steps to avoid the landmines.

List one of the other person's top behaviors (partner, mother, father, sibling, friend, co-worker, etc.) you would like to be different. How/why does it affect you?

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What actions can they take to improve how you feel?

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If they do this, how would that change the way you relate to them?

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What can you do to help motivate this person toward change? What incentive do they need to act in the new way you need?

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List five good things about this person that motivate you to improve the relationship:

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