The kind of partner, friend or relative I want to be

Decide how you want to behave in one relationship that matters to you.

Name _____ Date _____

Think of one relationship that matters to you. Set aside, for a moment, what the other person does or should do.

The relationship

If they were describing me at my best in this relationship, what would I want them to say?

Three qualities I want to bring

- [ ] Patient
- [ ] Honest
- [ ] Playful
- [ ] Reliable
- [ ] Warm
- [ ] Calm
- [ ] Fair
- [ ] Fun
- [ ] Kind
- [ ] Loyal
- [ ] Open
- [ ] Present

How closely have I been living those lately?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Completely

What pulls me away from being that person (moods, old hurts, habits, tiredness)?

A small thing I could do this week	Which quality it shows

What I noticed when I did them

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This handout supports your therapy. It does not replace professional advice.