

??? Inventory of Your Interactions with Others ???

Questions to Answer about your Relationships	Person # 1	Person # 2	Person # 3	Person # 4	Person #5	Comments
Place the first name of the person in the blank to the right ►					God	
How much time do you spend each week with this person?						
In what context or situation do you come together? (i.e. mate, friend, family, work, church, club, etc.)						
Do you look forward to being with this person? (yes or no)						
Does this person bring you joy? (yes or no)						
How do you feel prior to seeing this person?						
Does the person encourage you to be yourself? (yes or no)						
Does this person push you away with sarcasm? (yes or no)						
Do you use sarcasm with them? (yes or no)						
How do they treat you when you are with them?						
Are they <i>critical or supportive and encouraging</i> ?						
Do they make <i>overt</i> hostile remarks or abuse you in <i>subtle</i> ways?						
How do you treat them?						
Are you able to hear what they say and not be defensive?						
How do you feel when you are away from them?						
Is your relationship based on <i>fear or love</i> ?						
Do you feel this relationship is based on <i>truth or deceit and pretending</i> ?						
Do you experience periods of quiet and rest with this person?						
Are you constantly "on guard" with this person? (yes or no)						
What would your life be like without this person?						
Why do you stay in this relationship?						
Rate how you feel about each person from 1-10, with (1) being very negative and (10) being very positive?						