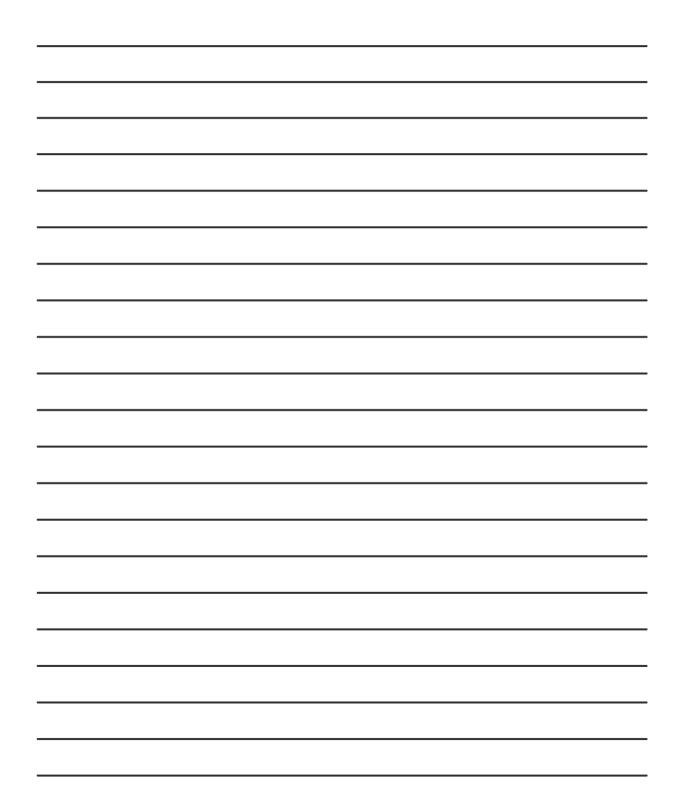


BY @KYSE.THE.THERAPIST

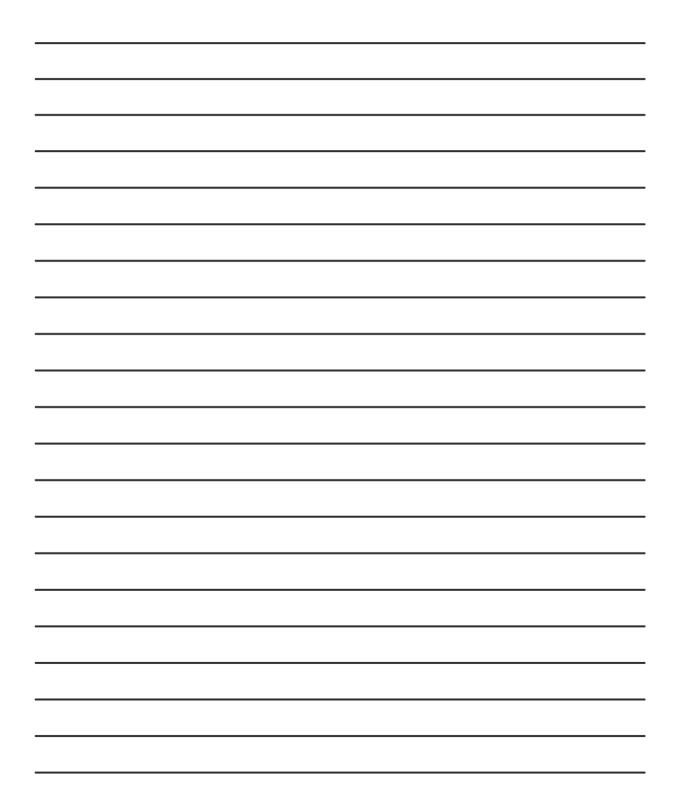
WHAT IS YOUR CURRENT LEVEL OF HAPPINESS AND SATISFACTION IN YOUR RELATIONSHIP? WHAT ASPECTS BRING YOU JOY AND FULFILLMENT? WRITE ABOUT SPECIFIC MOMENTS OR QUALITIES THAT CONTRIBUTE TO YOUR HAPPINESS.



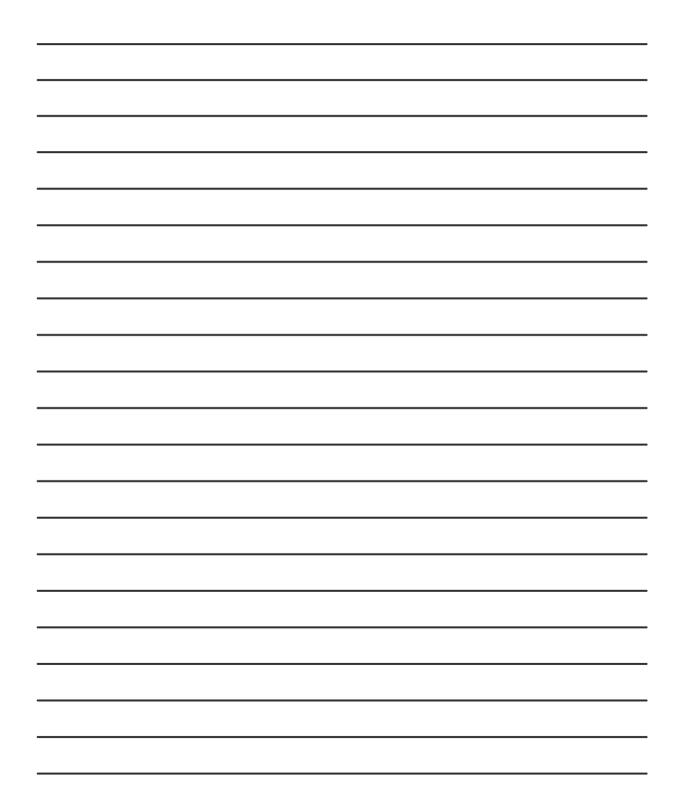
ARE THERE HEALTHY BOUNDARIES WITHIN YOUR RELATIONSHIP? ARE THEY CLEAR AND RESPECTED? ARE THERE AREAS WHERE YOUR BOUNDARIES MAY NEED STRENGTHENING OR ADJUSTMENT?

WHAT ARE YOUR CORE EMOTIONAL AND RELATIONAL NEEDS? ARE THEY BEING MET? WRITE ABOUT ANY UNFULFILLED NEEDS AND IDENTIFY WAYS TO COMMUNICATE THEM CONSTRUCTIVELY WITH YOUR PARTNER.

REFLECT ON ANY AREAS OF YOUR RELATIONSHIP THAT MAY BE CAUSING DISSATISFACTION OR UNHAPPINESS. BE HONEST WITH YOURSELF ABOUT THE SHORTCOMINGS AND CHALLENGES. WRITE ABOUT YOUR FEELINGS AND THE IMPACT THESE AREAS HAVE ON YOUR OVERALL WELL-BEING.



EVALUATE THE COMMUNICATION PATTERNS WITHIN YOUR RELATIONSHIP. ARE THERE ANY RECURRING ISSUES OR BREAKDOWNS IN COMMUNICATION? REFLECT ON WAYS TO IMPROVE AND STRENGTHEN COMMUNICATION WITH YOUR PARTNER.



CONSIDER YOUR ROLE AND RESPONSIBILITIES IN YOUR RELATIONSHIP. REFLECT ON ANY AREAS WHERE YOU COULD TAKE MORE OWNERSHIP OR ACCOUNTABILITY FOR YOUR ACTIONS AND THEIR IMPACT ON YOUR RELATIONSHIP. HOW CAN YOU CONTRIBUTE TO A HEALTHIER DYNAMIC?

WHAT DO YOU LOVE ABOUT YOURSELF AS A PARTNER? WOULD YOUR PARTNER AGREE WITH YOUR SELF-DESCRIPTION?