Recognising relationship patterns

Reflection and understanding | 1 of 2

Notice one repeated interaction without reducing yourself or another person to a label.

Name or initials (optional): _____ Date: _____

1. Describe one recent interaction. What happened, and what did you assume it meant?

2. What feelings and needs arose? What did you do next, and how did the other person respond?

3. What feels familiar about this sequence? Where does the pattern differ, or not happen?

Recognising relationship patterns

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Which part is within your influence? What request, boundary or repair would you like to try?

5. What response would help you feel heard? What would tell you this relationship needs a different kind of support?

6. How will you recognise a small change? Include your own behaviour, not only the other person's.

My next step / support I can ask for / date to review:

My needs and working environment

Reflection and understanding | 1 of 2

Explore your own experience of attention, sensory input, energy and communication. No diagnosis is required.

Name or initials (optional): _____ Date: _____

1. Where do attention, sensory input or transitions feel easiest? What conditions help?

2. Where do you experience overload or exhaustion? Note early signs without judging yourself.

3. What communication works for you: written information, processing time, direct language or something else?

My needs and working environment

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Which demands could change? What adjustment would make the greatest difference this week?

5. What strengths or interests do you want more room for? What support would help you use them?

6. If you want an assessment, what examples and questions would you take to a qualified professional?

My next step / support I can ask for / date to review:

Steadiness, choice and support

Reflection and understanding | 1 of 2

You do not need to describe a traumatic event. Stay with present-day needs and stop whenever you wish.

Name or initials (optional): _____ Date: _____

1. What helps you feel a little more settled in the present? Include places, routines or people.

2. What tells you your stress is rising? You can describe changes without naming the event.

3. Which everyday demands feel manageable, and which need reducing or extra support?

Steadiness, choice and support

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What choices help you regain a sense of control? What would you like others to ask before doing?

5. Who could support you, and what specific help could you request?

6. What would a manageable next step look like? What would tell you to pause and seek more support?

My next step / support I can ask for / date to review:

Rebuilding choice and support

Reflection and understanding | 1 of 2

Use only if it is safe to keep a written record. You need not confront anyone or share these answers.

Name or initials (optional): _____ Date: _____

1. Which choices feel freely yours? Which feel restricted by another person's reactions?

2. What access do you have to trusted people, money, transport, devices and personal documents?

3. What has helped you trust your own perceptions? What would you like a supporter to understand?

Rebuilding choice and support

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Which support organisation or trusted person could you contact in a way that feels safe?

5. What practical help would increase your options? Let a specialist help with safety planning if needed.

6. Where, if anywhere, could these notes be kept safely? Leaving this worksheet blank is also a choice.

My next step / support I can ask for / date to review:

Relationship needs and agreements

Reflection and understanding | 1 of 2

Complete privately first. Share only what you choose. For a triad, consider A-B, B-C, A-C and the whole relationship separately.

Name or initials (optional): _____ Date: _____

1. What do I need to feel valued, connected and able to be myself? What am I able to offer?

2. What works in each relationship? Where do time, affection, intimacy or responsibilities feel uneven?

3. Which agreements are explicit, and which are assumptions? Where do our understandings differ?

Relationship needs and agreements

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. How will we make decisions that affect everyone while protecting each person's privacy and autonomy?

5. How do we want to raise a concern, take a pause and return to a difficult conversation?

6. What small agreement could we try, and when will every participant have a chance to review it?

My next step / support I can ask for / date to review:

Non-monogamy: needs and agreements

Reflection and understanding | 1 of 2

Explore the relationship structure you actually want, including limits on your time and emotional capacity.

Name or initials (optional): _____ Date: _____

1. What draws me to this relationship structure? Which parts feel chosen, and which feel pressured?

2. What commitments can I realistically offer: time, affection, practical care and future plans?

3. What do terms such as primary, partner, privacy and commitment mean to each person involved?

Non-monogamy: needs and agreements

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What agreements do we need about information sharing, sexual health conversations and changes in relationships?

5. When jealousy or uncertainty appears, what need might be underneath? What support can I request without controlling others?

6. Which agreement needs clarification now? How will changes be discussed with everyone affected?

My next step / support I can ask for / date to review:

Identity, belonging and support

Reflection and understanding | 1 of 2

Your identity does not need to be proved by a test. Use the language that fits you, or leave labels open.

Name or initials (optional): _____ Date: _____

1. What words, expressions or relationships feel comfortable to me at present?

2. Where can I be myself with least effort? What makes those spaces supportive?

3. Where do I feel pressure to hide, explain or perform an identity? What does that cost me?

Identity, belonging and support

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What choices about disclosure belong to me? Who, if anyone, would I like support from?

5. What would respectful care and communication look like for me?

6. What small step could strengthen belonging, self-expression or practical support?

My next step / support I can ask for / date to review:

Belonging without losing yourself

Reflection and understanding | 1 of 2

Reflect on what your style, community and way of life mean to you.

Name or initials (optional): _____ Date: _____

1. Which parts of alternative culture or identity feel personally meaningful?

2. Where do I feel welcomed? Where do I feel I must change myself to be accepted?

3. How have other people's assumptions affected me? What would I like them to understand?

Belonging without losing yourself

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What boundaries help me protect my time, energy and self-expression?

5. Which people, communities or organisations could offer practical support or connection?

6. What is one way to make more room for my own values this week?

My next step / support I can ask for / date to review:

Values, strengths and next steps

Reflection and understanding | 1 of 2

Start with lived examples. There is no ideal personality or correct set of values.

Name or initials (optional): _____ Date: _____

1. Recall a moment when life felt meaningful. What were you doing, and what mattered?

2. Which strengths did you use? When can those same strengths become unhelpful or overused?

3. Where do your current choices fit your values? Where is there a tension or trade-off?

Values, strengths and next steps

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What are you avoiding or postponing, and what makes it difficult to approach?

5. What small action would express one important value without requiring everything else to change?

6. What will you look for when reviewing that action: learning, satisfaction, connection or something else?

My next step / support I can ask for / date to review:

Understanding my kink interests

Reflection and understanding | 1 of 2

A partner-use reflection sheet to accompany the longer workbook. This is not a clinical assessment.

Name or initials (optional): _____ Date: _____

1. Which interests feel appealing, uncertain or unappealing? You may leave any item unexplored.

2. What emotional experiences do I seek: trust, intensity, playfulness, surrender, care or something else?

3. Which boundaries and practical needs would I want understood before discussing an encounter?

Understanding my kink interests

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What helps me communicate clearly before, during and after a shared experience?

5. What do I want to keep private? What am I comfortable discussing with a partner?

6. What would I like to explore through conversation next, without making a commitment to an activity?

My next step / support I can ask for / date to review:

Dominance, responsibility and connection

Reflection and understanding | 1 of 2

Explore what you want to offer and receive in a consensual dynamic.

Name or initials (optional): _____ Date: _____

1. What does dominance mean to me beyond a role or image? What need does it express?

2. How do I recognise a partner's enthusiasm, uncertainty or changing preference?

3. How do I respond when a partner says no or wants something different? What would I like to improve?

Dominance, responsibility and connection

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What are my own limits, vulnerabilities and needs for care? How do I communicate them?

5. Which responsibilities have actually been agreed, and which am I assuming?

6. How will we review the experience so both people can speak honestly?

My next step / support I can ask for / date to review:

Submission, voice and choice

Reflection and understanding | 1 of 2

Explore the kind of submission you want while keeping your own needs visible.

Name or initials (optional): _____ Date: _____

1. What appeals to me about submission? What do I hope to feel or experience?

2. When does giving responsibility feel freely chosen? When does it feel difficult to disagree?

3. What are my needs, boundaries and preferences outside the role as well as within it?

Submission, voice and choice

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What makes it easier to say no, ask for change or stop an interaction?

5. How do I want care, appreciation and reconnection to be expressed?

6. What conversation would help me participate with more confidence and clarity?

My next step / support I can ask for / date to review:

Intensity, meaning and recovery

Reflection and understanding | 1 of 2

Reflect on experience and communication. This worksheet is not a pain-tolerance or physical-safety test.

Name or initials (optional): _____ Date: _____

1. What draws me to intensity, and what emotional meaning does it have for me?

2. How do context, trust and my current mood change what I want?

3. Which experiences are a clear no, uncertain or worth discussing? No activity needs to be tried to justify a limit.

Intensity, meaning and recovery

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What personal needs or relevant health information would a partner need to understand?

5. What helps me feel cared for afterwards, and what signs mean I need more support?

6. How will I review an experience without treating greater intensity as progress?

My next step / support I can ask for / date to review:

Shared intensity and responsiveness

Reflection and understanding | 1 of 2

Explore consensual interests without equating them with hostility or a fixed personality label.

Name or initials (optional): _____ Date: _____

1. What shared emotional experience appeals to me, and what do I understand my partner wants?

2. How do I distinguish my imagined experience from what my partner is actually communicating?

3. What limits do I have around responsibility, activities and emotional involvement?

Shared intensity and responsiveness

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. How do I respond to a change of mind, uncertainty or a mismatch in interests?

5. What helps both people feel respected and cared for after an intense experience?

6. What question should I ask before assuming we mean the same thing?

My next step / support I can ask for / date to review:

Making room for changing roles

Reflection and understanding | 1 of 2

Preferences can differ between partners and situations. You do not need an equal balance or a permanent label.

Name or initials (optional): _____ Date: _____

1. Which roles appeal to me, and in what circumstances?

2. What does each role allow me to feel, express or receive?

3. Which preferences change with trust, energy, mood or a particular relationship?

Making room for changing roles

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. How do I communicate a change in preference without expecting a partner to guess?

5. What boundaries remain consistent across roles? Which need discussing each time?

6. What would a satisfying balance look like for me at present?

My next step / support I can ask for / date to review:

Interests, meaning and self-understanding

Reflection and understanding | 1 of 2

Explore your experience at your own pace without assuming an interest is a problem.

Name or initials (optional): _____ Date: _____

1. What does this interest mean to me? What feelings, associations or comfort does it bring?

2. How important is it in my life and relationships? Is that balance how I want it to be?

3. If I feel distress, what seems to contribute: the interest, secrecy, judgement, conflict or something else?

Interests, meaning and self-understanding

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What would I want a partner to understand, and what am I not ready to share?

5. What boundaries, privacy needs or practical considerations matter to me?

6. What would greater understanding or acceptance look like in daily life?

My next step / support I can ask for / date to review:

Curiosity without pressure

Reflection and understanding | 1 of 2

You can be curious without adopting a label, joining a community or trying an activity.

Name or initials (optional): _____ Date: _____

1. What has prompted my curiosity, and what would I like to understand?

2. Which ideas appeal to me in imagination? Which, if any, do I want to discuss in real life?

3. What feels uncertain or outside my boundaries? What information would help?

Curiosity without pressure

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What would help me recognise a respectful conversation or learning environment?

5. What pace feels comfortable, and what would help me resist pressure to move faster?

6. What is one question I can explore next without committing to an encounter?

My next step / support I can ask for / date to review:

Talking about interests together

Reflection and understanding | 1 of 2

Each person can complete their own copy first. A difference in interests is information, not a score to overcome.

Name or initials (optional): _____ Date: _____

1. What do I enjoy or hope for, and what am I happy to discuss but not pursue?

2. Where do our interests overlap? Where do we differ without either person needing to change?

3. What words do we need to define so that we understand each other?

Talking about interests together

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What practical needs, boundaries and care preferences should be included in any shared plan?

5. How will we respond kindly to a no or to an experience that differs from expectations?

6. What conversation or modest agreement would help us understand each other better?

My next step / support I can ask for / date to review:

Reviewing an ongoing dynamic

Reflection and understanding | 1 of 2

Review the lived relationship as well as the roles. Each person can keep a private copy.

Name or initials (optional): _____ Date: _____

1. Which parts of the dynamic feel satisfying now? Which have become difficult or unclear?

2. What authority or responsibility has been explicitly agreed? What remains each person's own decision?

3. How are ordinary needs for rest, money, friendship, privacy and work protected?

Reviewing an ongoing dynamic

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. How can either person renegotiate or pause an agreement without punishment or pressure?

5. Are care, appreciation and practical effort recognised? What needs rebalancing?

6. When will we review the dynamic again, and how will each person be heard?

My next step / support I can ask for / date to review:

Community, boundaries and belonging

Reflection and understanding | 1 of 2

You do not have to record identifying details or revisit an upsetting incident to use this sheet.

Name or initials (optional): _____ Date: _____

1. What do I value about community, and what do I need from it now?

2. Which interactions leave me supported? Which leave me pressured, excluded or uncertain?

3. What boundary do I want to clarify around contact, privacy, participation or volunteering?

Community, boundaries and belonging

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Who can offer support without requiring me to take a particular side or disclose more than I want?

5. What options do I have: a conversation, distance, a different space or specialist support?

6. What next step protects my wellbeing while leaving me room to reconsider?

My next step / support I can ask for / date to review:

Direction and workable action

Reflection and understanding | 1 of 2

A coaching reflection sheet to turn an intention into a small, reviewable experiment.

Name or initials (optional): _____ Date: _____

1. What would I like to be different, and why does it matter now?

2. What is already working? Which strengths and resources can I build on?

3. What assumptions or obstacles need testing rather than simply accepting?

Direction and workable action

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What options are available, including doing less or changing the goal?

5. What small action can I take, with what time and support?

6. How will I review what I learned without judging the whole goal by one attempt?

My next step / support I can ask for / date to review:

Sustaining a life in music

Reflection and understanding | 1 of 2

Reflect on creative meaning alongside the practical and emotional demands of music work.

Name or initials (optional): _____ Date: _____

1. Which parts of music work give me energy or meaning? Which leave me depleted?

2. What pressures arise around performance, comparison, income, touring or irregular hours?

3. Which routines help with preparation, rest and recovery? What tends to disrupt them?

Sustaining a life in music

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What support could I ask for from collaborators, venues, colleagues or a specialist service?

5. What boundary would make my working week more sustainable?

6. What small change will I test before the next rehearsal, session or performance?

My next step / support I can ask for / date to review:

Protecting my creative practice

Reflection and understanding | 1 of 2

Explore the conditions that allow you to make work and sustain your practice.

Name or initials (optional): _____ Date: _____

1. What do I want my work to express or investigate?

2. When do I work most freely? What space, materials, time or company helps?

3. How do money, visibility, comparison or outside expectations shape my choices?

Protecting my creative practice

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Where do I need clearer boundaries around fees, revisions, deadlines or unpaid work?

5. What support, information or professional connection would help next?

6. What manageable piece of work or practical task will I prioritise?

My next step / support I can ask for / date to review:

Writing, resistance and rhythm

Reflection and understanding | 1 of 2

Explore your process without making productivity a measure of your worth.

Name or initials (optional): _____ Date: _____

1. What do I want to write, and what matters to me about it?

2. What conditions help me begin and continue? What size of writing session is realistic?

3. What happens when I meet uncertainty, criticism or rejection?

Writing, resistance and rhythm

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Where might research, editing or perfectionism be helping or delaying the work?

5. What support or boundary would protect writing time without neglecting other needs?

6. What small writing experiment will I try, and how will I review the process?

My next step / support I can ask for / date to review:

Performance and recovery

Reflection and understanding | 1 of 2

Consider the whole working cycle: preparation, performance and the period afterwards.

Name or initials (optional): _____ Date: _____

1. What helps me feel prepared and connected to the work?

2. What pressures appear before or during performance? What do I notice in my thoughts and behaviour?

3. What helps me recover afterwards rather than remaining in performance mode?

Performance and recovery

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Which demands around availability, appearance or evaluation need firmer boundaries?

5. Who can provide practical, creative or health support when needed?

6. What will I change in one part of the next performance cycle?

My next step / support I can ask for / date to review:

A sustainable freelance practice

Reflection and understanding | 1 of 2

Balance the work you want with the conditions needed to keep doing it.

Name or initials (optional): _____ Date: _____

1. Which work is worthwhile financially, creatively and personally?

2. What does my real workload include beyond paid delivery: admin, marketing, revisions and recovery?

3. Where do unclear terms or late decisions create pressure?

A sustainable freelance practice

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What boundary needs strengthening around scope, fees, payment or availability?

5. What professional advice or peer support would help with an unresolved issue?

6. What one system or agreement will I improve this week?

My next step / support I can ask for / date to review:

Shared expectations for creative teams

Reflection and understanding | 1 of 2

Each person can reflect first. Use the discussion to make explicit agreements rather than rate personalities.

Name or initials (optional): _____ Date: _____

1. What do I want from this collaboration? What do I believe our shared purpose is?

2. What are my responsibilities, capacity and limits? Where are roles unclear?

3. How should we decide about money, credit, ownership and changes in direction?

Shared expectations for creative teams

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. How can concerns be raised without public embarrassment or retaliation?

5. What process will we use when there is disagreement or someone cannot meet a commitment?

6. What agreement will we record, who will do what, and when will we review it?

My next step / support I can ask for / date to review:

Creating around my needs

Reflection and understanding | 1 of 2

Build a working approach around your actual energy, attention and sensory needs.

Name or initials (optional): _____ Date: _____

1. When does creativity flow most readily? What conditions are present?

2. Which tasks are difficult to start, organise, switch between or finish?

3. What sensory or social demands consume energy before the creative work begins?

Creating around my needs

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What supports help: visible steps, reminders, processing time, quieter space or working alongside someone?

5. What would I like collaborators to understand, and what do I prefer to keep private?

6. What single adjustment can I test, and how will I know whether it helps?

My next step / support I can ask for / date to review:

Authenticity, audience and belonging

Reflection and understanding | 1 of 2

Explore the relationship between your creative voice, community and livelihood.

Name or initials (optional): _____ Date: _____

1. What makes my work or identity feel authentically mine?

2. What does my community offer, and where do its expectations feel restrictive?

3. Who do I want to reach? What assumptions am I making about what an audience wants?

Authenticity, audience and belonging

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. Where do commercial needs and creative values align or conflict?

5. Which boundaries protect my expression, privacy and capacity?

6. What experiment could help me reach others without losing what matters to me?

My next step / support I can ask for / date to review:

Exploring a creative career change

Reflection and understanding | 1 of 2

Treat a career idea as something to investigate through evidence and experience.

Name or initials (optional): _____ Date: _____

1. What am I moving towards, and what am I hoping to move away from?

2. Which skills, interests and experiences could transfer to a new direction?

3. What do I know about the day-to-day work, and what still needs checking?

Exploring a creative career change

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What financial, practical or caring commitments must the plan accommodate?

5. What low-cost experiment could give me useful information before a larger commitment?

6. What evidence would lead me to continue, adapt or choose a different route?

My next step / support I can ask for / date to review:

Thinking clearly about a decision

Reflection and understanding | 1 of 2

Make the question clearer before trying to force an answer.

Name or initials (optional): _____ Date: _____

1. What decision am I actually facing? What is outside this decision?

2. What facts do I know, and what am I assuming or predicting?

3. Which values and needs are in tension? What trade-offs can I accept?

Thinking clearly about a decision

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What options have I overlooked, including a smaller or reversible step?

5. What information would materially change my choice? How can I obtain it?

6. What is my next decision or experiment, and when will I review it?

My next step / support I can ask for / date to review: