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: