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: