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: