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: