

Authentic Relating - Your Relationship Values, Desires, and Beliefs

Think about the words we use when we talk about relationships. What do they mean to you? What does your ideal relationship look like?

What are your Values?

What is Intimacy?

What is Commitment?

How important is Commitment?

What does “sex” mean to you? What motivates you to seek it?

How important is sex in your relationships?

How do you feel about Long Term Relationships vs Transient?

How do you feel about Cohabitation?

Do you want to build a Family? What kind?

Breaking Old Patterns- Choosing New Paths

What kind of Relationship fits your Values and Desires?

What are some of your relationship patterns? Name one negative and one positive.

What is your number one fear around Relationships?

How is this limiting you?

What change would you like to see?

What is one change you can make today?

Owning and Expressing Our Desires

What are 1-3 things you want in your relationship (current or potential future) that you've found difficult to ask for?

How might you address these desires?