



## Relationship Repair Assessment Exercise

Most relationship conflicts are repairable. A few are not. Many times individuals are so ambivalent about trying to resort a relationship that they back away without making an effort. The purpose of the following exercise is to prevent you from doing this. If you come up with “yes” answers to many of the questions below you should go all out to repair any damage no matter who caused it in the first place. Results will be best if you think about a “real” relationship conflict you are facing. Please answer all questions.

You Relationship Conflict—Ask Yourself: YES                      NO

1. Is the relationship in question important to your future?
2. Has the relationship been rewarding in the past?
3. Do you have a willingness to openly communicate about the conflict?
4. Are you willing to sit down and discuss possible solutions with the other party?
5. Would you consider initiating a meeting with the other person regardless of how the conflict started?
6. If restoration attempts fail, will you consider yourself the primary victim?
7. If restoration fails, will others also become victims?
8. Do you honestly want the party at the other end of the relationship line to feel like the relationship has been resolved?
9. Can you ignore irritating personality traits in order to repair the relationship?
10. Can you forgive and forget?

If you gave 8 or more YES answers, the restoration possibilities are excellent. You should not hesitate to arrange a meeting. Four or more YES answers indicate the restoration possibilities are very good. Three or fewer YES answers is a signal that restoration attempts may be a long shot.