



RELATIONSHIP CHALLENGES: REFLECTIONS

PART VI



Worksheet 2

The next two exercises invite you to reflect on the relationships—personal, familial, professional, or within your wider community—that are demanding the most of you now. Some may simply feel unsettled; others may be at a breaking point. Both are worthy of your honest attention. • Take time again to center yourself, calm your thoughts and steady your feelings. This inner stillness will help you approach each question with openness and clarity, allowing insights to arise.



Which of my relationships are currently testing me?

Make a list of those that feel challenging, as well as those in crisis. Then note the nature of the difficulty. Does it arise from: ● misunderstandings, ● unmet expectations, ● past disappointments that still linger, ● outside influences, ● resistance to changes affecting the relationship, ● or from something else entirely?



How are these situations affecting my physical, emotional, and spiritual wellbeing?

Consider their impact on your health, your work, your mood, your spiritual practices, and your ability to feel centered and at peace.



What might these challenges be inviting me to reconsider in these relationships?

Reflect on how they may be prompting you to adjust the way you relate with others.



In what ways are these relationship crises contributing to my personal growth?

Reflect on how they may be helping you become stronger, more grounded, and more self-aware, so you can meet future relationships with greater wisdom and resilience.



Have I experienced betrayal? By whom? How has it affected my ability to trust and move forward?

What has this experience revealed about what you seek in a relationship, what you expect from others, and what you are learning about yourself?



Have I lost someone dear to me?

Who has recently left your life—through death, separation, distance, or estrangement? What emotions are you experiencing?



What does this loss mean in the context of my life?

Reflect on how it is affecting your daily life and emotional balance. What outer and inner adjustments are being asked of you?



How might this loss be pointing me toward a new direction?

Even in its pain, is it creating space for something new to emerge? Is it inviting you to explore possibilities you couldn't have considered before?



What outer resources could help me in meeting these challenges?

Think of friends, mentors, or professionals, as well as supportive communities you can turn to for clarity and perspective.



What inner resources can I draw upon?

Consider the strengths that have sustained you before—qualities such as courage, patience, forgiveness, and the spiritual practices that help you stay centered—and how they might support you now.



In what ways am I taking care of myself?

Reflect on how you treat yourself—with compassion or criticism, with patience or pressure—and notice how these attitudes affect the way you relate to others.



How am I nurturing my relationship with God, the Divine Friend?

If you feel a connection with a higher power, how do prayer, meditation, or other practices help you experience guidance, support, and love at the deepest level?
