

RELATIONSHIP CHALLENGES: INSIGHTS

PART VI



Worksheet 3

Having reflected on these challenges, step back and consider the insights that are beginning to emerge from them.

- **As you reflect on your current relationship difficulties, what recurring patterns are emerging?**

- **Are there relationships in need of significant transformation, or that are moving toward closure?**

- **Which relationship is most in need of your attention at this time?**

- **What is one specific action you could take today to bring healing, clarity, or loving-kindness to that relationship?**
