



DEEPENING MY RELATIONSHIP WITH

[NAME] _____

When pain or disappointment clouds a relationship, it's easy to lose sight of what once made it meaningful. If it is one you feel called to nurture rather than release, the following exercise invites you to step back and remember the love that may still be present. As you visualize the relationship most in need of attention, let these questions guide you.

● **What do I appreciate or admire about this person?**

● **What values do we share?**

● **What meaningful experiences have we shared?**

● *What do I receive from this relationship that enriches my life?*

● *What do I contribute to this relationship, and what would I like to offer more consciously going forward?*

● *What am I discovering about myself within this relationship?*

● *What is one specific way I can nourish and strengthen this relationship?*
