



Where am I now in my relationship?

Finish the set of sentence starters below. As you write, reflect on your thoughts, feelings, wants and needs by completing each sentence below with an honest and spontaneous completion of the sentence. Writing more than one sentence is okay, just be sure to answer each sentence.

1. I tend to deny
2. I am happiest when
3. Sometimes I
4. What makes me angry is
5. I wish
6. I hate it when
7. I would give anything if my partner would
8. Sometimes
9. I would be more lovable if
10. My mother and father
11. If only I had
12. My best quality is
13. Sometimes at night
14. When I was a child
15. My worst trait is
16. My life really changed when
17. If my relationships ends it will be because
18. My partner hates it when
19. My partner's greatest fear is
20. I feel lonely when
21. I am afraid
22. I love
23. We used to laugh more because
24. It would be best if friends
25. I feel fake when
26. I can't forgive
27. I find it hard to
28. Together we
29. What surprises me is
30. I believe
31. Other people think
32. Men
33. Women
34. I regret
35. It doesn't pay to
36. It helps me when we
37. If only
38. We never seem to
39. After we argue I wish
40. If only I could