

## MY RELATIONSHIP VALUES

The life I would like to have with my partner would include:

- doing....
- being the kind of partner who....
- treating my partner...

The barriers I might face in creating the relationship I desire:

- External barriers (e.g. *I don't have an intimate relationship right now, or we don't have enough money to go out on dates*)...
- Internal barriers (thoughts and feelings that you believe might get in the way of you moving towards being the kind of partner you'd want to be—e.g. *I would have the thought "He/She is the one that needs to change" or I would feel rejected if my partner didn't seem to appreciate my efforts*)...

What would it mean to me to live my values and what would it mean if I didn't? (e.g. *To live this value would mean getting more connected to my partner. However, that feels risky as I would need to be intimate. To not live with this value means I would continue to feel distant from my partner*)