

## RM 2–HR: Reflecting on Relationships

### Directions/Description

Complete this reflection as part of Module E, Lesson 1.

- Identify a person with whom you have a relationship.
- On the sliding scale provided below, indicate the health of the relationship.
- Identify the issues or concerns that exist in your relationship with the identified person.
- Indicate into which common problem area(s) in relationships you would place these issues or concerns.
- Indicate what you should do to resolve the issues or concerns.
- Predict what will happen if the issues are not resolved.

### NOTE

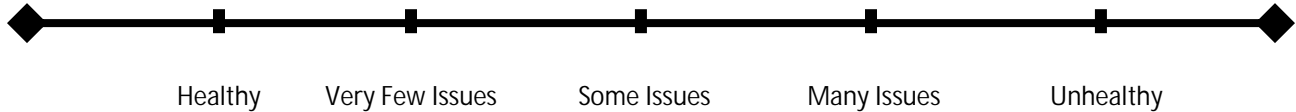
You will have an opportunity to revisit and update your responses at the end of Module E, Lesson 4. Be sure to keep this sheet in a secure location.

### Questions

1. Person with whom you have a relationship:

\_\_\_\_\_ (The name could be real or fictitious, but it should represent a real person.)

2. How healthy is the relationship?  
(Mark the sliding scale with an arrow to indicate the relative health of the relationship.)



3. What issues or concerns exist in this relationship? Be specific.

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**RM 2–HR: Reflecting on Relationships (Continued)**

4. Into which problem area(s) would you place the issues or concerns?

(Check the boxes that apply.)

Practical/Logistical Issues

Compatibility Issues

Commitment Issues

Affection/Intimacy Issues

5. What do you think you should do to resolve the issues or concerns?

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6. What might happen if the issues or concerns are not resolved?

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