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.

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.)

   ◆ Healthy    Very Few Issues    Some Issues    Many Issues    Unhealthy

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

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

   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?

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

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

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________