

MY RELATIONSHIP PLAN

Make a relationship plan.

Make it and put it aside. Drag it out from time to time and check your commitment...to yourself. Have you made too many compromises? Are you too demanding? What do you need? Are you communicating to your love/lust/like interest?

I make a commitment to spend time getting to know myself and establishing a good relationship with myself before I try to start a relationship with others. When I am in doubt, I will ask for feedback from people I trust. I will use the following values and expectations to guide my relationships.

These are the things I think are important in a partner:

These are the things I want to get out of a relationship:

These are the things I will not put up with:

These are the things that I have learned I need to compromise on:

These are warning signs that I am losing myself in a relationship:

Still not sure? Contact the Counseling Center – we can help you figure it out!