



Goals for Your Relationship

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1. Write down any goals you have for yourself and what kind of relationship you want. What would the relationship look like? Do you want more closeness? More independence?
2. How could you go about achieving these goals? List the actions you will take.
3. What actions will you take when you feel triggered? How can you return to the underlying want?
4. How will you express this want to your partner?
5. What actions will you take to make your partner feel understood?