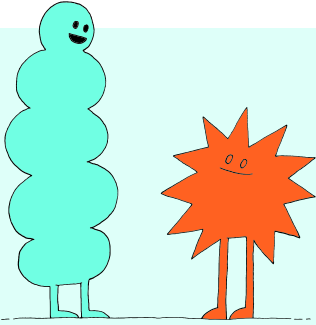


A Friendly Exercise



Pick a person who is special to you. For example, it could be a friend, sibling or coworker.

1. What is your favourite thing about this person?

2. What is your favourite thing about your relationship?

3. How does this person show you that they care about you?

4. How do you show this person that you care about them?

5. What could do more of to show you care about them?

6. What would you change about something your partner does?

7. What do you wish there was more of in your relationship?

8. What do you wish there was less of in your relationship?
