

A large teal arrow pointing to the right, containing the text 'relationships WORKSHEETS'.

relationships WORKSHEETS

KNOWING WHEN TO STAY OR GO...

WHEN YOU CONSIDER THE OTHER PERSON IN YOUR RELATIONSHIP... (CIRCLE ONE)

- DO THEY ACT IN A WAY THAT EMBARRASSES OR HURTS YOU? YES NO
- DO THEY PUT YOU IN UNCOMFORTABLE SITUATIONS? YES NO
- DO THEY LEAVE YOU FEELING EMOTIONALLY DRAINED? YES NO
- DO THEY BRING OUT THE WORST QUALITIES IN YOU? YES NO
- DO THEY MAKE YOU FEEL DEVALUED AS A PERSON? YES NO
- DO THEY EVOKE NEGATIVE EMOTIONS (ANGER, HATE, ENVY)? YES NO
- DO THEY ENCOURAGE YOU TO TAKE PART IN HARMFUL ACTIVITIES? YES NO
- DO THEY TREAT YOU WITH DISRESPECT AND UNKINDNESS? YES NO
- DO THEY PUT LITTLE OR NO EFFORT INTO THE RELATIONSHIP? YES NO
- DO THEY SEEM TO BE IN CONSTANT COMPETITION WITH YOU? YES NO
- DO THEY MAKE YOU FEEL SMOTHERED AND CONFINED IN ANY WAY? YES NO

USE POSITIVE LANGUAGE

ADAPTABLE	DYNAMIC	JOVIAL	SERENE
ADORED	EFFERVESCENT	JUBILANT	SILLY
ADVENTUROUS	ELATED	KISSABLE	SKILLFUL
ALLURING	ELECTRIC	KNOWLEDGEABLE	SOPHISTICATED
ALTRUISTIC	ELOQUENT	LEVEL-HEADED	SPARKLING
AMBITIOUS	EMPOWERED	LIBERATED	SPIRITED
ATHLETIC	ENCHANTING	LIGHT-HEARTED	SPLENDIFEROUS
AUTHENTIC	ENERGIZED	LIKEABLE	SPRIGHTLY
AWESOME	ENTERPRISING	LITHE	STELLAR
BEAUTIFUL	EVOLVING	LOVED	STRIKING
BIG-HEARTED	EXQUISITE	LOVELY	STRONG
BLESSED	EYE-CATCHING	LOVING	STUDIOUS
BRAVE	FABULOUS	LUCKY	STYLISH
BRIGHT	FASCINATING	LUMINOUS	SUCCESSFUL
BRILLIANT	FEARLESS	MAGICAL	SVELTE
CAPABLE	FETCHING	MARVELOUS	SWEET
CAPTIVATING	FLAWLESS	MASTERFUL	TALENTED
CHARMING	FOXY	MERRY	THOUGHTFUL
CHIC	GENUINE	MINDFUL	TRANQUIL
CLEVER	GLEEFUL	MOTIVATED	TREMENDOUS
COMMENDABLE	GLORIOUS	OPTIMISTIC	TRIUMPHANT
COMPETENT	GLOWING	OVERJOYED	UNCOMMON
CONFIDENT	GORGEOUS	PASSIONATE	UNIQUE
COURAGEOUS	GRACIOUS	PEACEFUL	UNSHAKEABLE
COURTEOUS	HANDSOME	PHENOMENAL	UNSTOPPABLE
CREATIVE	HAPPY	PLAYFUL	UPBEAT
CULTURED	HEALTHY	POISED	UPLIFTED
DAPPER	HOPEFUL	POWERFUL	VALUABLE
DARING	HOT	PRESENT	VIBRANT
DARLING	HUGGABLE	PRODUCTIVE	VISIONARY
DASHING	ILLUMINATED	RADIANT	VIVACIOUS
DAZZLING	IMPRESSIVE	REGAL	WELL-ROUNDED
DECISIVE	INSIGHTFUL	RELAXED	WHIMSICAL
DELIGHTFUL	INSPIRED	RESOURCEFUL	WINSOME
DEPENDABLE	INSPIRING	RESPLENDENT	WISE
DESERVING	INTERESTING	RESTED	WITTY
DESIRABLE	INTRIGUING	REVITALIZED	WONDERFUL
DISTINGUISHED	INTUITIVE	SATISFIED	WORTHY
DREAMY	IRRESISTIBLE	SELF-ASSURED	ZESTFUL

YOUR NO-GO LIFE TRAITS

MAKE A LIST OF AT LEAST TEN PERSONALITY TRAITS, HABITS OR LIFESTYLE CHOICES IN OTHER PEOPLE THAT YOU KNOW HAVE A NEGATIVE IMPACT ON YOUR LIFE SO YOU CAN AVOID THEM IN FUTURE RELATIONSHIPS.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

don't forget to share ...

LAUGHTER

OPPORTUNITIES

VALIDATION

ENLIGHTENMENT