Pre – Module Two Homework

Questions to be answered before our meeting are designed to help you objectively look at your ideas of what “relationships” mean to you and to highlight areas where you may need to develop a greater understanding to create healthy relationships in your life. This is also how we will maximize our time together. Doing the work beforehand will enrich your experience. These questions are designed to increase your understanding of information and help you to come to your own conclusions as to where you may need to strengthen your understanding of aspects of how you show up in relationships with others.

# **QUESTIONS TO BE ANSWERED BEFORE OUR MEETING**

What are the key elements of a relationship?

What characterizes the stages of relationships?

What ideas or fantasies about relationships interfere with your having a relationship with someone?

What behaviors, attitudes, or circumstances ruin or prohibit relationships?

# **EXERCISE**

1. Draw a line on a page (landscape) on one end label “CASUAL” on the other “CLOSEST”
2. Where do the following exist on that continuum?

Lovers, Family, Friends, Acquaintances, Work Colleagues…

1. Make a complete list of the things you ABSOLUTELY WILL NOT TOLERATE in a relationship. Has that list changed through the years, from 1 year ago?

I look forward to seeing you Wednesday ladies, have a great week - Kimberly