

RELATIONSHIPS & COMMUNICATION

Journalling to Help You Prepare Before Your Next Session

Our closest relationships are where we most need to be heard and to hear. These reflections help you understand your patterns and what you need, so you can communicate with more ease.

Set aside 15–20 minutes in a quiet place. Complete each statement in your own words. There are no right or wrong answers, and you may skip anything you are not ready for. Please bring this with you to our next session.

Name: _____

Date: _____

01 The relationships that matter most to me right now are... I feel ____ out of 10 connected to each.

02 In conflict, I tend to (withdraw, defend, pursue, shut down, please others)... The effect this has on the other person is...

03 Something I have been wanting to say to someone, but have not, is...

04 When I feel unheard, I notice... What I need in that moment is...

05 A recent conversation that went well was... What made it work?

06 A pattern that keeps repeating in my relationships is...

07 What I need more of from the people close to me is... What I could ask for more clearly is...

08 Where I feel I give too much is... A limit I would like to set is...

09 The way I show care is... The way I most like to receive it is...

10 What I would most like to talk about or work on in our next session is...

If anything here feels overwhelming, pause and be gentle with yourself. We can explore it together in session.