

My Relationships

- I am happy with my situation (single/married/co-habiting/in a relationship)
- There are people in my life who love me unconditionally
- I have no unfinished business with my parents, my siblings or anyone else
- I have all the friends I want
- I regularly spend time with people who value me and give me as much as I give them
- There is nobody in my life who drains me
- There is always somebody I can turn to when I'm feeling low
- I do not feel responsible for everybody around me
- The people in my life stimulate me and make me laugh
- I can be myself in all my relationships

My score on _____ (date) is _____ / 10