

Your Brief Relationship Check in Worksheet

Hey there! Welcome to CTC's intro relationship check in worksheet. This is a great prep for our upcoming workshop scheduled for 7/17 from 10am-1pm PST. Complete this individually, and then share your answers with your partner if you'd like. *Note: This is written for dyadic (2 person connections) but could be expanded to any relationship configuration.*

- 1) What are your values for yourself? What are your values in connection with another person, and how do they impact the choices and decisions you make? Here's a list of sample values, let's make two lists . If you were to place these in order, what are your top 5 values for YOURSELF? What are your top 5 for a RELATIONSHIP?**

Values for self	Values in a relationship

- 2) What are the most common values conflicts we encounter and how do they play out?**

- Autonomy vs. Connection (ie: I want to be really close but also keep my hobbies, friends and other parts of my life and personal decision making.)
- Self expression vs. Compromise (I want to be fully me in all the ways I can be, while also meet my partner's needs)
- Safety vs. Privacy (I want my partner to feel connected and safe but also want to keep some parts of my separate)
- Enmeshment vs. Isolation (I don't want to become one person with my partner, but I also don't want to be strangers or distant)
- Spontaneity vs. Structure (I want freedom to play and grow but also predictability and planning)

What other values conflicts do you see in your connections? How do they manifest for you?

- 3) What does vulnerability mean in a connection? How vulnerable are you two with one another? Rate yourself on the following scale:**

1. We don't really talk much, I don't really feel known or seen by my partner.
2. We talk about logistics, household, things in the world but very little feelings/ stories/ history/ identity stuff. I feel comfortable in our life at a somewhat emotional distance.
3. We talk about some emotions that come up in daily life but it's limited to big problems or conflict. I sometimes feel known or seen by my partner.
4. We know each other and our emotions, stories and identities really well and talk openly about most things.

If none of these descriptions fit- how would you describe your emotional closeness and patterns of vulnerability?

4) What does it feel like to feel seen or understood in a connection?

A few key words to think about and practice building:

1. Regulation: regulating one another's nervous systems through calm, connected moments of closeness, movement or intimacy (helping soothe and get back to baseline after activation)
2. Reciprocity: balance in giving and taking (even if it occurs in different domains- ie: cooking vs. sexual giving)
3. Resonance: feeling in tune with one another's feelings and able to mirror it inside, feeling connected
4. Reflection: ability to reflect their feelings directly and apply it to your experience and understanding
5. Refraction: ability to expand and refract our partner's brilliance, make them better because of their connection with us and expand their impact/ reach

5) How do you name and acknowledge power dynamics/ oppression/ inequity that might be preventing closeness or safety in connection?

This is a hard one because often the power dynamics are subtle and built into the cultural frameworks in which you date and connect. But the inequity from power is at the heart of a lot of conflict. Here's a few starting points: What are the different types of power in our connection and can we talk about it explicitly? This is really hard work and you're doing a great job to start the conversations!

