

# RELATIONSHIP ROAD MAP PRACTICE

Think about an important relationship in your life. Then, look at the Relationship Road Map and answer the four questions below. If you want, you can use part of the space below each question to write your answers. After you finish, you may want to think about another important relationship in your life and answer the same questions. It helps to ask these questions from time to time with any important relationship you have.

1

How much of the time am I on the right side of the map?

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2

When I'm on the right side of the map, which feeling is the strongest: sadness, fear, or anger? Why?

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3

How much of the time am I on the left side of the map?

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4

What feeling on the left side of the map do I most want to have? Why?

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