

**My View:**

Understanding your views of relationships and how you got them

**My Value:**

Determining what you value in a relationship, what you are willing to give and what you would like to receive

**My Vice:**

What's keeping your views from matching your values – removing these to get to what you want

Here let's get to some views of Relationships

What was my earliest example of an healthy relationship:

What made this relationship healthy?

What was my earliest example of an unhealthy relationship:

What made this relationship unhealthy?

What was my first healthy relationship:

What made this relationship healthy?

What was my first unhealthy relationship:

What made this relationship unhealthy?

Next we are going to make a list of Grow and Growth from every relationship that was significant. Remember, the status of the relationship doesn't matter – my experience, my feelings, my connections is what made it significant.

Glow In this table, I'm going to describe all of the good in my relationships – what happened, what I experienced, and how it made me feel

Glow: the experience or act that I enjoyed	How did it make me feel?

Growth In this table, I'm going to describe all of the not good in my relationships – what happened, what I experienced, and how it made me feel

Grow: the experience or act that I didn't enjoy	How did it make me feel?

Evaluate: Do I have more Grow or Glow? Why do I think this is?