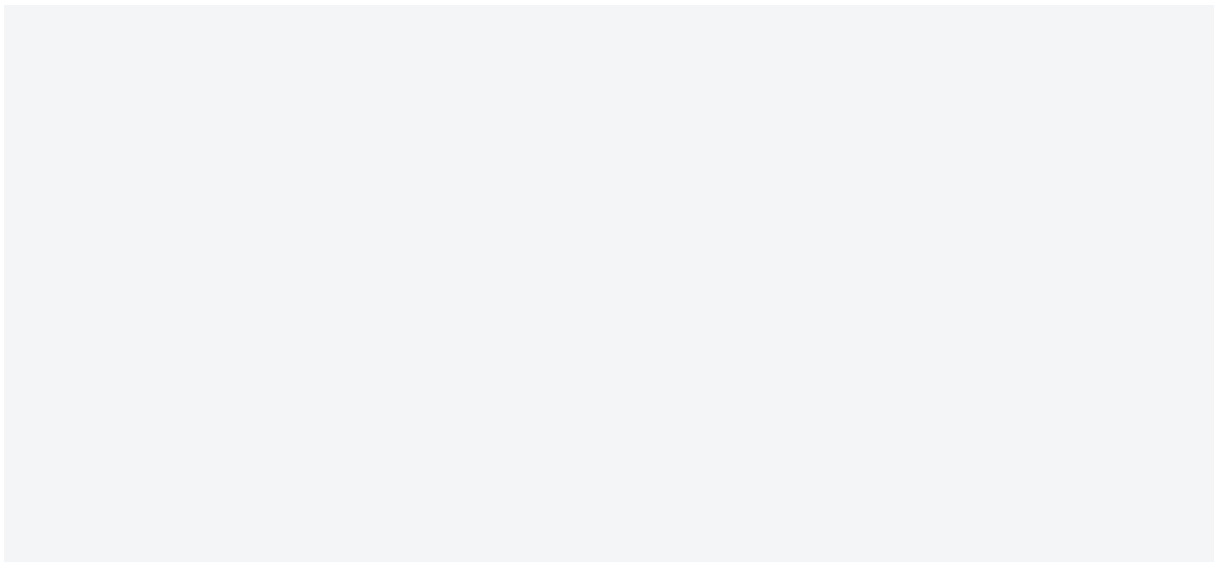


Understanding the Values You Want in a Relationship

We often seek out, or enter into, relationships without knowing what we want. Gaining a greater understanding of our values helps us build stronger relationships.

Use the following worksheet to form a better understanding of your values and what gives life meaning:

What does the word 'values' mean to you in terms of your relationship and family?



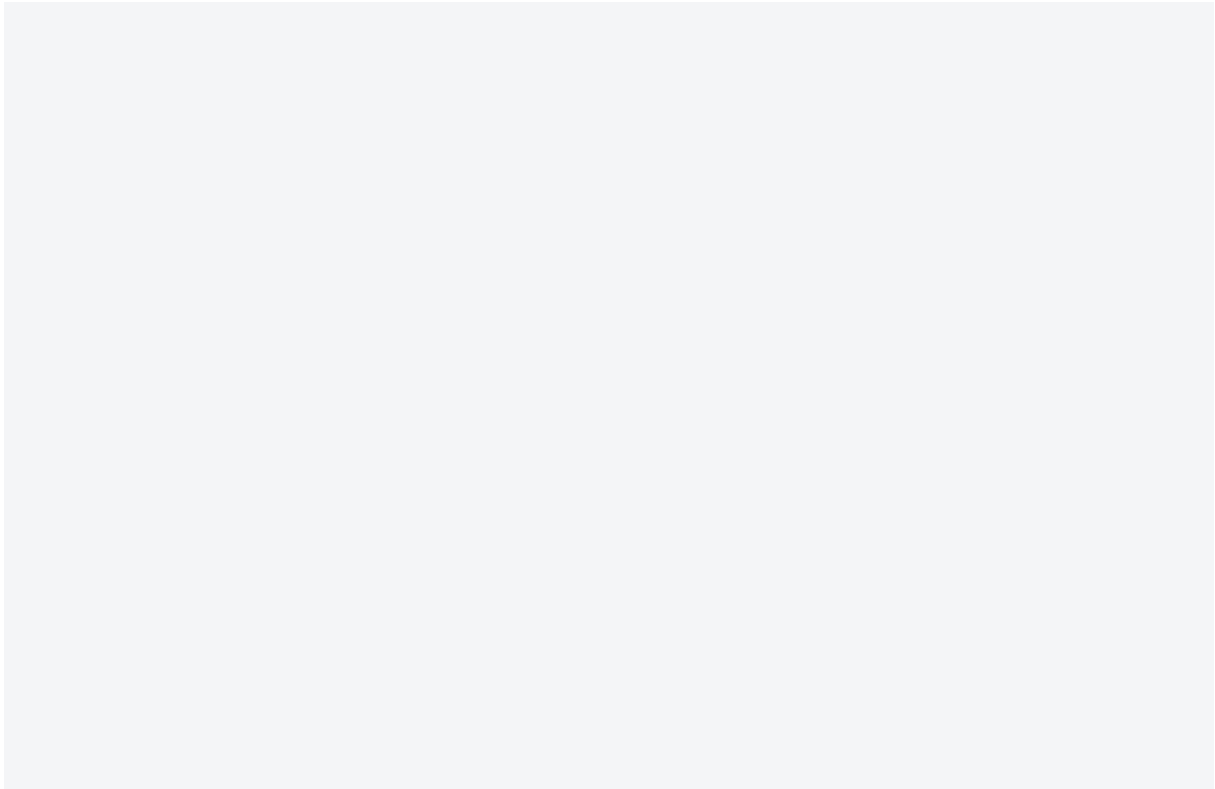
What three changes would you like to see in the world?



What three changes would you like to see in your relationship?

Think of your partner: what are their most important values?

How could you show your values more in your relationship?



Share your answers with your partner and discuss the values you have in common and those you would like to build upon in your relationship.

Dr. Jeremy Sutton