



***Does the relationship provide what I need?***

- Do I feel respected and appreciated?
- Do I feel listened to and understood?
- Are we having fun? Can we laugh together?
- Is there a future we are working on together?
- Do I feel supported?
- Is there caring and kindness present?
- Can I ask for what I want and need?

***Do they respect me?***

- Do they respect the way I deal with the world?
- Do they have any limiting interpretations about me?
- Can I listen to them in a nonjudgmental way?
- Am I clearly on their side? Do they know it?

***Do we have any cobwebs in the attic?***

- Is there anything we need to discuss?
- Is there anything for which I need to apologize?
- Is there anything that I said I would do and haven't done?
- Do you have any complaints?
- Is there anything you've been wanting to say to me?
- Is there anything you are wondering about?
- Is there anything for which I should acknowledge you?