Understanding Myself in My Relationship

A Self-Reflection Worksheet

Relationships can bring out parts of us that we don't always recognize.

Sometimes we become more anxious. Sometimes we become quieter. We may find ourselves explaining more, defending ourselves, avoiding certain conversations, or questioning whether what we are feeling is reasonable.

Other times, we may recognize things in ourselves that we genuinely want to work on.

This worksheet is not about deciding who is right and who is wrong. It is not about diagnosing, labeling, or blaming your partner.

It is about understanding you.

As you work through these pages, pay attention to what happens to you inside your relationship. How do you feel when there is disagreement? What happens when you feel criticized? Do you feel comfortable expressing a different opinion? Are you changing because you genuinely want to grow, or because you are trying to prevent someone else's reaction?

Culture, family upbringing, gender roles, past relationships, and what we witnessed growing up can all influence what we believe a relationship "should" look like.

But you are also allowed to ask:

Does this relationship dynamic work for me?

There is no perfect relationship, and conflict does not automatically mean something is unhealthy. The goal is to become more aware of your patterns, your reactions, your needs, and the parts of yourself you may have stopped paying attention to.

Take your time. Try not to answer based on what you think you *should* feel.

Answer based on what you actually feel.

Before You Begin

Keep this question in mind as you move through the worksheet:

Am I changing because I genuinely want to grow, or am I changing because I am trying to prevent someone else's reaction?

There is a difference.

Where Am I in My Relationship Right Now?

Before looking at communication, boundaries, criticism, or conflict, start with something simpler:

How do you feel in your relationship?

Don't overthink the answers. Think about the relationship as it has actually felt recently — not how you hope it will feel or how it used to feel.

When I think about my relationship, I generally feel:

Check all that apply.

☐ Loved
☐ Respected
☐ Supported
☐ Connected
☐ Comfortable being myself
☐ Heard
☐ Appreciated
☐ Secure

☐ Anxious
☐ Guarded
☐ Criticized
☐ Misunderstood
☐ Lonely
☐ Frustrated
☐ Confused
☐ Emotionally exhausted
☐ Like I have to be careful about what I say
☐ Like I am responsible for keeping the peace
☐ Unsure of myself

Think About This

1. What feels good in your relationship right now?

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2. What feels the most difficult?

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3. When do you feel most like yourself with your partner?

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4. When do you feel least like yourself?

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5. Have you noticed yourself changing since being in this relationship?

☐ Yes
☐ No
☐ I'm not sure

If yes, **what has changed?**

One Last Question

If you didn't have to explain, defend, or justify your answer to anyone:

What would you say you need more of in your relationship right now?

This gives us a strong first two pages without jumping immediately into **"Is my partner doing something**