

# RELATIONSHIP EXCAVATION

*Use this space to examine one relationship. First pray for honesty, protection, and compassion for self and others. Complete this process for all past relationships.*

Circumstances of relationship, including any painful moments or “traumas” to the bond (lies, betrayals, violence, major fights, incidents you “just couldn’t let go of,” and so on):

Criticisms of this person (list all):

Ways I tried to “get” my self-esteem from this person:

Ways I have tried to “get” my security (emotional and financial) from this person:

Ways I tried to force a certain kind of relationship with this person:

Ways I disrespected this person with my thoughts and actions:

Ways I tried to change this person:

Ways I tried to protect myself in this relationship:

List of relationship moments when I did not follow my gut:

Visible ways this person has loved me (acts of service, quality time, gifts, etc):

Invisible ways this person has loved me (emotional support, words of affirmation, etc):

Who this person has been for me: