

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: