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|  | Question: | Put your name here: |
| 1 | What would I like Heidi to know? |  |
| 2 | What do I most want for myself? |  |
| 3 | What do I most want for my life with my partner? |  |
| 4 | How far away or how close am I to living this life that I want?  |  |
| 5 | What are my barriers to getting the life I want? |  |
| 6 | What are my biggest delights about my partner? |  |
| 7 | What are his/her delights about me? |  |
| 8a | What are my biggest complaints about my partner? |  |
| 8b | What are my partner’s biggest complaints about me? |  |
| 9 | What do I love the most about my partner and would be sad to be without if we were not together? |  |
| 10 | How do we communicate? (eg. yelling, withdrawing, writing to each other, avoidance…) |  |
| 11 | What are the repeating themes of our fights? |  |
| 12 | Has trust been broken?  How? |  |
| 13 | How have we overcome any “bumps” from the past? |  |
| 14 | What do I blame on my partner that is really about me? my history? my pain?  |  |
| 15 | How willing am I to work at this relationship so that it is successful? |  |
| 16 | Other comments: |  |