Worksheet on Persistent Patterns of Conflict in Significant Relationships

Column #1: Who do you spend the most time with?	Column #2: Who do you have the strongest feelings about, both positively and negatively?	Column #3: Whose choices have or have had the biggest impact on you?	*Transfer from columns 1-3 the five most significant relationships.* • Who appears in all three lists? • Include at least one parent or a caregiver when you were a child. • Include at least one person who has authority over you now. • Include at least one person with whom you have a mutual relationship with now.	**Five most Significant Relationships**

Now fold over the last column and use the back side of this sheet to list five patterns of conflict with each person or category of person. Use the frequency with which this pattern appears in multiple relationships, the frequency it appears in a given relationship, and the level of urgency you feel for addressing it to select a single one. [If this one seems too intense to address you may want to start with one which is less difficult in order to get more confidence with the process. Be gentle with yourself.]