

Questions for a Better Relationship

Picture a person you want an improved relationship with, and answer silently.

What do you want from ___?

If you had what you wanted, what need would it satisfy?

Can you remember a time when this relationship was better?

What were you doing together then?

What changed?

Have you been trying to change ____, or yourself?

What have you been doing in the last month to make the relationship better?

What have you been thinking? Feeling?

Has that brought you closer together or farther apart?

Have you been choosing behaviors of complaining, criticizing, blaming, judging,
rewarding to control?

When you were, were you being the person you want to be?

Are you trying to connect or disconnect with ___?

If you did disconnect from this relationship, what would you replace it with?

If you disconnect from ____, who else will be affected?

Whose behavior can you control?

Was your behaviour lately making deposits or withdrawals?

If you keep doing the same things, will the relationship get better?

Worse? Stay the same?

Will you feel better or worse?

Will you be healthier or unhealthier?

Are you being righteous in this relationship?

What does ___ want from you?

What's good about ___?

If you could start doing one thing differently and stop doing one thing that isn't working,
what would those things be?

If you started doing this, what would the other person see? Hear?

What would you have? What would you be?

When will you do this?