

Navigating Relationship Changes Worksheets

1. Description of Changes:

List and describe the changes you have observed in your relationship. Consider changes in communication, intimacy, priorities, or external pressures.

- Change:

- Impact on Relationship:

2. Individual Perspectives on the Changes:

Each person reflects on their feelings and thoughts regarding the changes. Focus on understanding each other's perspective without judgment.

- Person 1's Perspective:

- Person 2's Perspective:

3. Enhancing Communication:

Identify specific communication strategies that could help you discuss the changes more effectively. Consider active listening, "I" statements, and setting aside uninterrupted time to talk.

4. Adaptive Strategies for Navigating Changes:

Brainstorm strategies to adapt to the identified changes in a way that supports both the relationship and individual well-being.

5. Realigning Goals:

Discuss and outline any adjustments needed in your relationship goals to accommodate the changes. Consider short-term and long-term goals.

6. Maintaining Connection and Intimacy:

Propose activities or practices to maintain or strengthen your emotional connection and intimacy during this period of change.
