

DEFINING YOUR SENSE OF SELF:

(Both of you fill out your own copy of this and share the answers with each other so you can more effectively discuss each other's needs/aspirations, and then synergize together on the best "direction" for your relationship to take!) (synergize: to cooperate with another or others, esp. to remedy something ... to come up with possibilities and solutions better than what either party by themselves could have derived -- "Two heads are better than one!")

List Your Own Individual and Personal Needs & Goals:

List Your Relationships Needs & Goals:

List Your Limits / Boundaries / Non-Negotiables:

CLAIMING / RECLAIMING YOUR OWN PERSONAL RIGHTS:

1. You have the right (and responsibility) to control your own life.
2. You have the right not to take responsibility for the behaviors or the problems of others.
3. You have the right to your own feelings, opinions and convictions.
4. You have the right to hold and express your own feelings, thoughts, and opinions; to be your own judge.
5. You have the right to be taken seriously and treated with respect.
6. You have the right to make errors and mistakes.
7. You have the right to change your mind, to decide a different plan.
8. You have the right to be human (not perfect) and to be unpopular.
9. You have the right to negotiate for change.
10. You have the right to guiltlessly make and refuse requests; say "No."
11. You have the right to get what you pay for.
12. You have the right to ask for emotional support.
13. you have the right to protest unfair treatment for criticism.
14. You have the right to choose not to pursue a personal right.