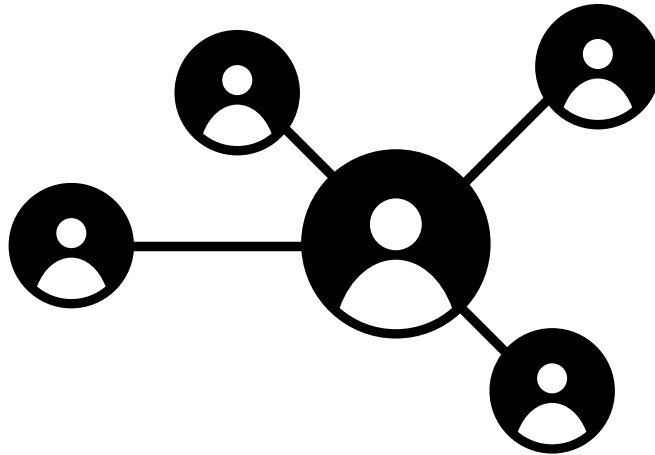


RELATIONSHIPS & CONNECTION WORKSHEET PACKET



Mind Remake Project 2026

DO THEY ACTUALLY KNOW?

We sometimes assume the people closest to us know what we think, feel, need, and appreciate. But knowing us well doesn't make them mind readers.

Choose one important person in your life. This could be a partner, friend, family member, coworker, or anyone else who matters to you.

Person: _____

For each statement, check the box that best describes your answer.

They know how important they are to me. ___Y ___N ___Maybe

They know what I appreciate most about them. ___Y ___N ___Maybe

They know what I need when I'm having a difficult day. ___Y ___N ___Maybe

They know what makes me feel cared for. ___Y ___N ___Maybe

They know what makes me feel hurt or dismissed. ___Y ___N ___Maybe

They know when I need space. ___Y ___N ___Maybe

They know when I need connection. ___Y ___N ___Maybe

They know what I'm currently worried about. ___Y ___N ___Maybe

They know what I'm currently excited about. ___Y ___N ___Maybe

They know what I wish we did more often together. ___Y ___N ___Maybe

They know what I wish were different between us. ___Y ___N ___Maybe

They know my boundaries. ___Y ___N ___Maybe

They know when they've hurt me. ___Y ___N ___Maybe

They know when I've hurt them. ___Y ___N ___Maybe

They know what I need more of from this relationship. ___Y ___N ___Maybe

They know what I hope never changes between us. ___Y ___N ___Maybe

THE UNSAID THINGS

Something I appreciate about this person but don't say often enough:

Something I need from them that I haven't clearly asked for: _____

Something I've been hoping they'll notice without my having to tell them:

Something I've been assuming they understand about me: _____

Something I've wanted to say but have avoided saying: _____

Something I wish I understood better about them: _____

Reverse It

Now consider the uncomfortable possibility that you're doing the same thing to them.

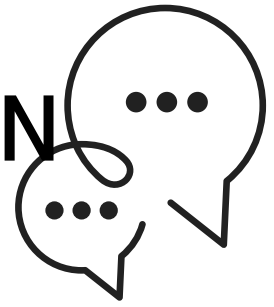
What might this person believe you should already know about them?

What might they need but have difficulty asking for? _____

What might you be misunderstanding? _____

What question could you ask instead of assuming you already know?

ONE CONVERSATION



Choose one thing from this worksheet that would be useful to actually communicate.

What I want to say: _____

What I'm afraid might happen if I say it:

What might happen if I never say it:

THE RELATIONSHIP INVENTORY

Relationships aren't simply good or bad. The same person can make us laugh, drive us crazy, support us, disappoint us, challenge us, and know us better than almost anyone.

Choose an important relationship and look at it as it actually exists—not how you think it should exist.

Person: _____

Relationship: _____

When I'm With This Person...

Check anything that is generally true.

- ☐ I feel like myself.
- ☐ I feel accepted.
- ☐ I feel understood.
- ☐ I feel respected.
- ☐ I feel safe being honest.
- ☐ I laugh.
- ☐ I have fun.
- ☐ I feel supported.
- ☐ I feel appreciated.
- ☐ I feel challenged in a good way.
- ☐ I learn from them.
- ☐ I can disagree with them.
- ☐ I can say no.
- ☐ I can make mistakes.
- ☐ I can be quiet.
- ☐ I can ask for what I need.
- ☐ I leave interactions feeling better.
- ☐ I look forward to seeing them.

And sometimes...

- ☐ I feel misunderstood.
- ☐ I feel judged.
- ☐ I feel responsible for their emotions.
- ☐ I carefully choose my words.
- ☐ I avoid certain subjects.
- ☐ I pretend to agree.
- ☐ I minimize parts of myself.
- ☐ I feel taken for granted.
- ☐ I feel drained afterward.
- ☐ I feel guilty.
- ☐ I feel competitive.
- ☐ I seek their approval.
- ☐ I worry about disappointing them.
- ☐ I become defensive.
- ☐ I resent things I haven't addressed.
- ☐ I sometimes wish for more distance.

Cont. on next page

THE RELATIONSHIP INVENTORY (CONT.)

What Does This Relationship Give Me?

Check what applies and add your own.

- ☐ Companionship
- ☐ Belonging
- ☐ Fun
- ☐ Support
- ☐ Affection
- ☐ Stability
- ☐ Honesty
- ☐ Encouragement
- ☐ Love
- ☐ Perspective
- ☐ Challenge
- ☐ Practical help
- ☐ Shared history
- ☐ Intellectual connection
- ☐ Emotional connection
- ☐ _____
- ☐ _____
- ☐ _____

Cont. on next page

THE RELATIONSHIP INVENTORY (CONT.)

What Does This Relationship Ask of Me?

- ☐ Time
- ☐ Attention
- ☐ Patience
- ☐ Compromise
- ☐ Emotional energy
- ☐ Practical help
- ☐ Flexibility
- ☐ Forgiveness
- ☐ Sacrifice
- ☐ Caregiving
- ☐ Money or resources

Cont. on next page

THE RELATIONSHIP INVENTORY (CONT.)

Take a Closer Look

What is the best thing about this relationship?

What is the hardest thing about it? _____

What do you receive from this person that would be difficult to replace?

What do you give them? _____

Is there something you keep giving that you no longer want to give?

Is there something you're asking this person to provide that they may not be capable of providing? _____

What do you accept about this person because they're human and imperfect? _____

What should you not accept simply because they're human and imperfect? _____

Cont. on next page

THE RELATIONSHIP INVENTORY (CONT.)

Your Side of the Relationship

It's easy to inventory someone else's shortcomings. Now look at yours.

What do you bring to this relationship at your best? _____

What do you bring to it at your worst? _____

What might this person wish you understood about yourself?

What is one thing you could do differently that doesn't require this person to change first? _____

The Bottom Line

Finish the sentence:

This relationship matters to me because...

And then the harder one:

If nothing about this relationship ever changed, how would I feel about that? _____
