**STRATEGIC RELATIONSHIPS WORKSHEET**

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| **My strategic relationships** | **Why are they strategic to me?** |

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| **How am I showing up to others? What am I known for?** |
| **What do I want to be known for in my relationships?** |

**My trust and connection strategy**

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| **What are my intentions to strengthen my relationships by being fully engaged and connected, by giving my relationships the space to grow?**  |
| **Am I allowing others to be seen and heard?** |

**Is self-protection impeding my relationships?**

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| **What parts of yourself do I feel particularly protective about? What makes me feel self-conscious or exposed?** |
| **What stops me from being open about this with others? Am I worried about being judged, or do I fear rejection?** |
| **How does any self-protection show up in my relationships?** |
| **What is the result?** |

**How could my relationships be strengthened by letting go of perfectionism or judgement?**

Rate the presence of the Four Horsemen of the Apocalypse – criticism, defensiveness, stonewalling and contempt – in any of your relationships. What part will you play to eliminate them?

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| **The Horsemen** | **Rating in which relationships** | **What will I do to remove them?** |
| Criticism |  |  |
| Defensiveness |  |  |
| Stonewalling |  |  |
| Contempt |  |  |

**The ‘story I’m telling myself’**

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| **What are the stories that I tell yourself?**  |
| **How do they play out in my relationships?** |

**Am I being a leader in my relationships?**

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| **Which of my relationships mutually beneficial and nourishing?** |
| **What boundaries do I need to put into my relationships?** |
| **How can I act more as a leader in my relationships?** |
| **How can I strengthen compassion and empathy to build meaningful connections in my relationships?** |