**Looking at Individual Relationships**

**When I see (or talk to) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I feel:**

The good things about this relationship are:

The bad things about this relationship are:

I stay in this relationship because:

The things I gain from this relationship are:

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Adapted from Davis, L. (1990). *The courage to heal workbook: A guide for women survivors of child sexual abuse.* New York: Harper Collins.