

## Examining Your Relationship Beliefs

Our past relationships can shape our beliefs and how we respond to our present partner.

Use the following prompts to consider the beliefs you hold and the emotions associated with each one.

Share three beliefs about relationships in general. Be open while showing yourself kindness and compassion for your feelings.

For example,

*People always cheat,*

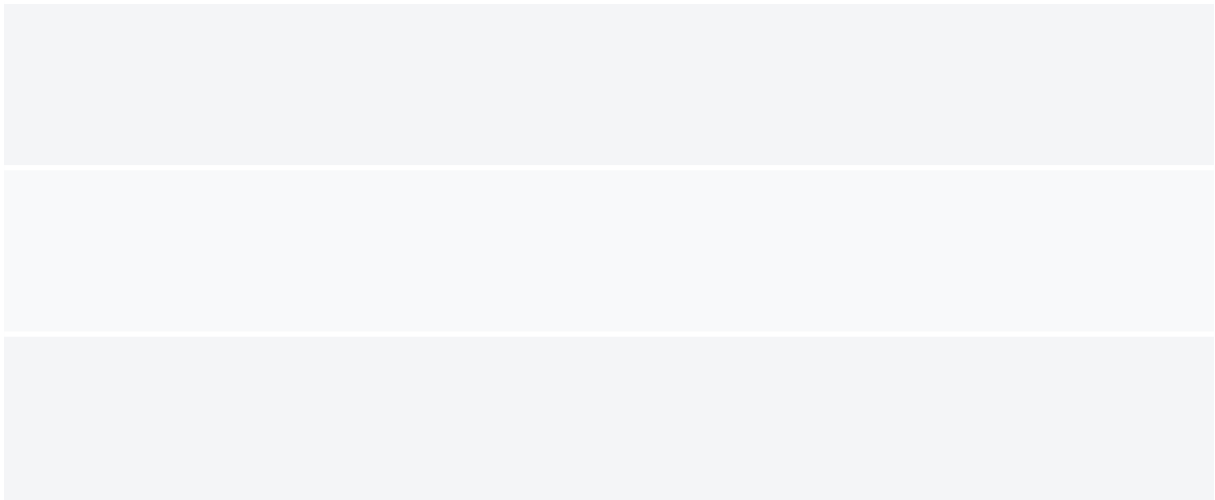
*You can't trust anyone,*

*If I am too open, I will be walked over*

1.	
2.	
3.	

What emotions are associated with the above beliefs (fear, anger, sadness, loneliness, etc.).

I feel...


Three horizontal grey bars stacked vertically, intended for reflection or writing.

Having reflected on each one, sit down with your partner and share how you feel.

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