



How to pay attention to the other person's behaviour

Activity 1 Evaluating your current dating or relationship experience 1

What I want	What I am getting?	Do I get what I Want? Does it matter?
For example: To be with a partner who I can feel at ease with.	I often feel quite tense when we meet up.	No, not yet. It matters but I will monitor whether I will feel more ease soon.

The Relationship Maze

Activity 2 Evaluating your current dating or relationship experience 2

How you do feel about the person you are dating or set out on a relationship with in relation to the following criteria:

1. Liking the other person - how much do you like them?

Would you want to befriend this person if you weren't infatuated?

2. Having fun together – how much do you laugh together? How much do you enjoy each other's company?

3. How much effort do you both make? – how willing are both of you to commit to this relationship? How generous are you in supporting your partner? Would you undertake activities that your partner enjoys even if you aren't keen? Would you be willing to give each other 'space' when needed?

4. How much respect do you have for each other? – Are you able to say sorry if things go wrong? Are you both reliable? Are you willing to listen to what the other has to say?

Activity 3 Evaluating your joint vision

Stepping into your date or partner's shoes, how would your partner complete the following sentence stems.

Relationships are all about...

Love is ...

What matters most in a relationship is ...

What I value most in a partner is ...

What I really don't want from a relationship is ...

I know that things are going well when...