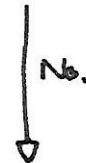


# Relationship Discernment Tool

① Identify Relationship Needs



② Is this relationship meeting this need? Yes. → Great!



④ Great! ← Yes. ③ Can I accept that? → ⑨ So this is over.

⑤ And I am resigned to that and will withdraw slowly over time.

⑧ Advocate for change. Be willing to take risks.

⑥ But I can meet this need with other relationships.

⑦ But I will try to adapt so that I can accept this in the future.

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