

Reflect on Connection and Choice

Couples communication and boundaries | Adults | 10 to 15 minutes

Explore connection, personal agency, and accountability without assigning blame automatically.

Choose one relationship and write only what feels useful today. This page is for your own reflection; sharing is optional. You can care deeply about someone while still considering whether the relationship gives you space to choose, disagree, and grow.

Begin with a real moment

Recall a recent interaction when you felt understood, or a moment when you wished for more understanding. Describe what happened before deciding what it means about you or the relationship.

Hold two responsibilities separately

You are responsible for your own words and actions. You are not responsible for controlling someone else's response or preventing their abusive behavior. Consider both the changes you can make and the support you may need.

Choose how to use the reflection

You might bring one sentence to therapy, keep the page private, or discard it. If privacy is uncertain, ask your clinician about a safer way to reflect. Your next step can be gathering information instead of starting a conversation.

When did I feel most able to be myself in this relationship?

What need or boundary have I had trouble naming?

What behavior of my own would I like to change?

What freely chosen next step or support would help?