

# Relationship Clarity Deep Dive Pre-Work

Please answer the questions below as honestly as possible. Trust the process, and don't censor yourself, you're not going to be judged. You can access this form in a word document [here](#).

**Right now, what is it that you're most angry about when it comes to your partner? – I'm angry with ..... because....**

- 1. What's the common theme that keeps coming up in your relationship(s), and what is it that you always seem to end up feeling?**

And how long has it been this way?

And what have you tried to solve it? (list everything you've tried)

And what's the been the outcome?

- 2. What's the biggest problem you have with your relationship?**

Tell me about the real condition of your relationship. How do you really feel about your partner? What words come to mind? (be as honest as you can, don't censor yourself, I'm not looking for the fluffy version, it's ok to have negative feelings and frustrations about your relationship and the behaviour of your partner/ex, no one's perfect.) If you're not in a romantic relationship right now give me a snap shot of your last relationship.

- 3. When it comes to communication what are you most frustrated about?**

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4. **What do you most need to hear from your partner that you're not hearing?**
  
5. **What do you most need to say to your partner that you're not saying?**
  
6. **List everything that your current/past partner thinks/says/used to say about, that you are too much of (e.g. too needy, demanding, emotional, too selfish, manipulative...)**
  
7. **And now list everything that you think/say/used to say your partner/ex is too much of? (e.g. too cold, busy, too inattentive, selfish, arrogant)**
  
8. **List what annoys the shit out of you about what you're doing/used to do in your relationships?** Example: Do you frustrate yourself by repeating the same stories or patterns? Are you constantly just going through the motions? Putting up with shit, are you always stuck in drama, taking one step forward and two steps back, sacrificing? Or something else entirely?
  
9. **How do you really feel about intimacy?** Do you feel deeply connected, do you fear it, do you feel rejected, ashamed, lost, do you fear that you can't please your partner? Or that you never feel pleased? Do you feel like you're not connecting on a deeper level, do you have no idea why, because you're doing "all the right things"?

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10. **How do you feel about the power dynamics in your relationship(s) in times of conflict?** Do you feel relaxed, confident and powerful in situations? Or do you feel anxious, constrained, annoyed, tongue-tied, nervous, confused, bullied, weak?
  
11. **On a scale of 1 to 10, how valued do you feel in your relationship?**
  
12. **Do you feel confident that you're appreciated and respected?** Are you clear on who you are and what you have to offer and do you feel that you're a perfect fit for your partner? Or do you have fears around this, and if so what are they?
  
13. **Why are you most seeking in a relationship?**  
What drives you to make it work? Are you in it to be saved, prove something, discover who you are, validate who you are because you fear being alone? Or all of the above? What lies beneath the surface as the true and honest reasons you're in this relationship?
  
14. **What's your biggest relationship fear?**
  
15. **Briefly describe your parent's relationship with each other.**
  
16. **And briefly how would you describe your relationship with your mother?**
  
17. **And briefly now describe your relationship with your father.**
  
18. **What do you wish your partner knew about you that he/she doesn't know?**

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19. **What do you most need partner to start doing, and stop doing?**
  
20. **What are you most worried about or scared of hearing about what you might have to do or change in order to be a total match for the most powerful, expression of who you are in a relationship?**
  
21. **On a scale of 1 to 10 (1 lowest 10 highest) how willing to walk away if this relationship doesn't serve you and can't be fixed?**
  
22. **On a scale of 1 to 10 (1 lowest 10 highest) how willing are you to stay and give it 100% if it can be saved?**
  
23. **Anything else you want to share with me?**

Thanks for completing the deep dive. Please email to me [dawn@dawnlee.com.au](mailto:dawn@dawnlee.com.au) before we connect for our session.