



Meeting Your Match

Cracking the code to successful relationships

MYM Worksheet 16

What if ...?

Spend some time and explore "what if?"

The issue I am exploring is _____

How would that affect me and my partner?

What new needs would that create for me or for my partner?

What values and strengths do I hold that would serve me?

What values and strengths do I want my partner to hold so she or he has resources to bring to these changing needs?

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