

# Why Don't Relationships Work?

## 1. What you want from a relationship

<b><u>LIST THE THINGS "YOU" WANT TO GET FROM THE RELATIONSHIP</u></b>	
Security	Family
Love	Sex
Companionship	Children
Happiness	Fulfilment
Joy	Sense of belonging
Togetherness	Motherhood / Fatherhood
Peace	Contentment
Support	Respect
Trust	Self-worth
Self-confidence	Status

## 2. What you will give and want to bring into the relationship

<b><u>LIST WHAT "YOU" WANT TO GIVE TO THE RELATIONSHIP</u></b>	
Security	Family
Love	Sex
Companionship	Children
Happiness	Fulfilment
Joy	Sense of belonging
Togetherness	Motherhood / Fatherhood
Peace	Contentment
Support	Respect
Trust	Self-worth
Self-confidence	Status