

Life & Relationship Coach for Women

Please complete and the following questions and email them back to me at ins

spired4life@me.com			
1)	Please sum up your current situation/issue in a couple of sentences		
2)	Your current perspective/feelings on your relationship:		
•	At present I feel (insert an analogy or metaphor here)		
	It feels like this because		
•	it leefs like this because		
•	On a scale of 1-10 (10 being the most satisfied in this area of my life) I		
	would score myself a		
3)	If I could have it the way I wanted it right now, my situation with regard		
-,	to my relationship would feel like a (insert an analogy or metaphor here as well as including the main feelings you would like to have)		

	4)	to what extent did they affect your behaviour or hold you back?
	5)	Can you see any patterns that have repeated themselves in the past with regard to your relationships e.g. attracting men who treat you in the same way.
	6)	What are your 5 top relationship values (the most important things you would like to have in a relationship)?
	E.g	g. Honesty - and what would this look or feel like? I.e. I would be able to say
	an	ything and it would be ok. I would feel safe in opening up.
i)		
ii)		
iii)		
iv)		
v)		
	7)	What do you think your biggest strengths are for helping you to achieve what you want in the area of relationships?
	8)	What do you believe will be your biggest barriers to achieving these goals (perceived or real ©)?