

Bianca Easton LLC

Relationship Reflection Toolkit

This toolkit is designed to help you build healthier, stronger, and more self-aware relationships—romantic or otherwise. Through structured reflection, you will explore your strengths, patterns, communication habits, and emotional influences from the past, present, and future.

Use this toolkit to:

- Understand yourself more deeply
- Strengthen connections in your life
- Improve communication with others
- Notice emotional patterns and cycles
- Set clear intentions for how you want to show up in relationships

Take your time. Be honest. Growth begins with awareness.

Interpersonal Relationship Reflection Worksheet

SECTION 1 — Self Reflection: The “Like” List

5 Things I Like About Myself

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 2 — Relationship Reflection: The “Like” List

5 Things I Like About This Person

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 3 — Self Reflection: The “Dislike” List

5 Things I Dislike About Myself

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 4 — Relationship Reflection: The “Dislike” List

5 Things I Dislike About This Person

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 5 — Frequency Check

Which list was easiest to complete? _____

Which was hardest? _____

Which carried more emotional intensity (likes or dislikes)? _____

Repeating themes or patterns:

SECTION 6 — Past, Present, Future Reflection

Past:

Do any likes/dislikes connect to childhood or past relationships?

Present:

How are these traits affecting things right now?

Future:

If nothing changed, where would things be in 6–12 months?

What needs to change or grow?

SECTION 7 — Action Plan

A. One positive trait in myself to nurture:

B. One positive trait in the other person to appreciate more:

C. One trait in myself to work on:

How I'll work on it:

D. One issue to address with communication:

Conversation needed:

SECTION 8 — Closing Reflection

“What version of myself do I want to bring into this relationship or connection?”

Romantic Relationship Reflection Worksheet

SECTION 1 — Self Reflection: The “Like” List

5 Things I Like About Myself

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 2 — Relationship Reflection: The “Like” List

5 Things I Like About My Partner

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 3 — Self Reflection: The “Dislike” List

5 Things I Dislike About Myself

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 4 — Relationship Reflection: The “Dislike” List

5 Things I Dislike About My Partner

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 5 — Frequency Check

Which list was easiest to complete? _____

Which was hardest? _____

Which carried more emotional intensity (likes or dislikes)? _____

Repeating themes or patterns:

SECTION 6 — Past, Present, Future Reflection

Past:

Do any likes/dislikes connect to childhood or past relationships?

Present:

How are these traits affecting things right now?

Future:

If nothing changed, where would things be in 6–12 months?

What needs to change or grow?

SECTION 7 — Action Plan

A. One positive trait in myself to nurture:

B. One positive trait in the other person to appreciate more:

C. One trait in myself to work on:

How I'll work on it:

D. One issue to address with communication:

Conversation needed:

SECTION 8 — Closing Reflection

“What version of myself do I want to bring into this relationship or connection?”
