## Relationship Inventory

Но	w's my relationship with	?
Hot	w do I come across in conversations with my kids?	
	What is it like to talk to me?	
	What are my kids left with after speaking with me?	
	What stops my kids from speaking to me?	
	Do I really listen?	
-	Am I willing to be expressive of my own thoughts and emotions without judgment or blame?	
	Is there too much of me in the conversation?	
	Do my kids sense that they can challenge my thinking?	
	Where would my children say I need to change?	
	Do my kids have to be careful around me? About what?	
	Am I great to be around?	
	the conversations sufficient to create the kind of tionship I want?	
-	Do we talk often enough? Am I available to talk when they want to?	
	Are we talking about what I want to talk about?	
	Am I willing to talk, to say what I'm thinking?	
	Am I willing to listen when they need to talk?	
•	Do the last several conversations we've had reflect the kind of relationship I want?	
	• What did we talk about?	
	How did it go?	
	• Do we have the freedom to say and ask anything?	

Does the relationship provide what I need?			
Do I feel respected and appreciated?			
Do I feel listened to and understood?			
Are we having fun? Can we laugh together?			
Is there a future we are working on together?			
Do I feel supported?			
Is there caring and kindness present?			
Can I ask for what I want and need?			
Do they respect me?			
Do they respect the way I deal with the world?			
Do they have any limiting interpretations about me?			
Can I listen to them in a nonjudgmental way?			
Am I clearly on their side? Do they know it?			
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Do we have any cobwebs in the attic?			
Is there anything we need to discuss?			
Is there anything for which I need to apologize?			
Is there anything that I said I would do and haven't done?			
Do you have any complaints?			
<ul><li>Is there anything you've been wanting to say to me?</li></ul>			
Is there anything you are wondering about?			
Is there anything for which I should acknowledge you?			
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