



– L E N S S –

Reflective Questions for Self-Exploration in Relationships

Reflect on your habits and desires in relationships to foster healthier, more communicative connections.

Communication & Boundaries

- How do I communicate my needs and set boundaries in relationships?
- Reflect on a time when unclear communication led to misunderstandings.
- Identify your core needs & boundaries early on and the importance of expressing them.

Relationship to Conflict

- What is my approach to conflict in relationships?
- Do I resolve conflicts in a healthy or destructive way?
- How does taking responsibility during conflicts strengthen the foundation of a relationship?

Understanding Love & Attraction

- How did I learn to get love as a child?
- Do I still seek love in the same ways in my adult relationships?
- What types of people am I attracted to and why?

Trust & Relationship Cycles

- Do I trust the type of people I seek love from?
- What recurring patterns do I notice in my relationships?
- How do my past role models influence the way I navigate relationships now?

Visualising Your Ideal Relationship

- What does an ideal relationship look like to me?
- What qualities do I seek in a partner and how do they align with my vision?
- How would I show up as the partner I aspire to be?

Reflect on these questions to understand your strengths, areas for growth, and the relationship dynamics that align with your values and vision.