



– L E N S S –

Relationships

Understanding how we connect with others.

“Our connections with others play a pivotal role in shaping our lives, and understanding our roles in these relationships can lead to healthier and more communicative interactions. These questions may help you explore the positive and negative aspects you bring to relationships and examine whether your desires align with your actions in attracting and maintaining them.”

Communication and Boundaries

- How do you currently communicate your wants and needs in relationships?
- Reflect on a time when unclear communication led to misunderstandings or hurt feelings.
- Why is it important to identify and communicate your fundamental desires and boundaries early in a relationship?

Relationship to Conflict

- Reflect on your approach to conflict within relationships.
- How do you typically resolve conflicts as a couple, and how does this impact the foundation of your relationship?
- How can taking responsibility for your actions during conflicts contribute to healthier relationships?

Understanding Love and Attraction

- Reflect on your past experiences and consider: How do I get love? What did I have to do as a child to get love?
- Do you still use the same behaviours to seek love in your adult relationships?
- What types of people do you tend to seek relationships with, and what personality traits attract you to them? Why do you believe you are attracted to these individuals?

Trust and Relationship Cycles

- Do you trust the type of person you seek love from? If not, how does this impact your relationships, and what recurring patterns or cycles do you notice?
- Reflect on any role models you have for relationships. How do you know if they are happy? Are you trying to navigate relationships without any modelling?
- What qualities and attributes are you genuinely looking for in a relationship, and how do they align with your vision?



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Visualising Your Ideal Relationship

- Visualise the ideal relationship you would like to have.
- How would you behave in this relationship?
- What qualities and actions would you bring to help realise your vision?
- What qualities are you seeking in a partner, and how do they relate to your vision?
- Reflect on how your beliefs about relationships have evolved over the past decade and why those changes have occurred.
- On a scale of 0–10, how much of your true self do you show in a relationship and how often do you abandon your own needs to meet others’?

Empathy and Token Gestures

- How often do you consider your partner’s experience throughout the day?
- Reflect on the importance of token gestures in maintaining a connection with loved ones, such as sending a thoughtful text to let them know you are thinking about them.