

Name : _____ Date : _____

CHOOSING MY RELATIONSHIP VALUES

*These are the values I learned from my family growing up that I **DO NOT** want to include in my healthy relationships.*

*These are the values I learned from my family relationships that I **DO** want to bring into my own healthy relationships.*

*These are relationship values that I **have developed on my own**, and I choose to add to my current or future relationships.*

*These are relationship values that I **have seen or experienced** which I admire and want to include in my healthy relationships.*