

## Worksheet 13: Relationships

# How one little word can change your *relationships*.

Some people who struggle with weight also find it hard to assert their needs with other people in their lives.

A healthy, strong relationship is one in which problems are well known and accepted by both parties. It is made strong through flexibility, in the form of acceptance, of flaws, hardships, and quirks in each person's character.

Please briefly describe a recent relationship situation that comes to mind:

Converting the above situation into "I" statements:

1. What was **happening** in this situation? ('it was')

2. What was happening to **you** in this situation? ('I was')

3. What **emotion** were you feeling at the time? ('I felt')

4. What did, or do you **need** after this situation? ('I need')

You can use this model whenever you get stuck in a relationship, to assert your feelings and needs, and move forward together: 'It was', 'I was', 'I felt', 'I need'. You can invite the other person to use this model at the same time.