Exercise 20.4: Looking for the patterns in good relationships

Now, let's summarize what your review has revealed. For each relationship you have listed in the left-hand column, mark a tick in the table below to indicate what you found manageable and an X to signify what you found difficult. If you have noticed any features of your relationships not included in the table, add more columns with brief descriptions of the additional features. If you see a cluster of ticks or Xs under a particular column heading, this suggests a repeating pattern. Clusters of ticks highlight your strengths. Clusters of Xs highlight areas where you might want to focus your attention to develop more skills.

NAME	Starting the relationship	Keeping in touch	Managing difficulties	Asking for what I want	Feeling close