

Exercise 20.5: Reviewing less successful relationships

Again, build a timeline for each of the relationships you have listed to help you to understand more about the problematic patterns that have repeated in the past. Use the questions below to help you.

- When did the relationship start? What age were you?
- How did you meet? Was starting the relationship your choice or the other person's?
- How did you organize your time together and what did you do?
- Were there things you liked about that relationship?

- What were the difficulties in that relationship?
- Can you see any ways in which you contributed to the difficulties in the relationship? What are they?
- In what ways did the other person contribute to the difficulties in the relationship?
- What impact did being in that relationship have on your depressive symptoms?
- Are you still in that relationship?
- If not, why and how did it come to an end?
- What impact did ending the relationship have on your depressive symptoms?
- What are the things about the relationship that you are glad to have given up?

If your list includes people who did not feature in your original interpersonal inventory, again ask the same kinds of questions that you considered in chapter 9 about these additional relationships. Another blank table is provided here to help you.

Name of the person					
Relationship with the person					
How much time did you spend together?					

Did the person know about your depression?					
Could you speak to the person about your feelings?					
Did you see each other socially?					
Could you ask the person for practical help and advice?					
Was it a flexible relationship?					
How would you describe the give and take in this relationship?					
Were you ever satisfied with this relationship?					
Did this relationship change when you became depressed?					