

QUESTIONS FOR REFLECTION ABOUT RELATIONSHIPS



Your impulse sheet for personal growth.

A warm welcome

to 20 questions about relationships

What you can expect

Questions about friendship are essential because friendships are complex and meaningful relationships that significantly shape and enrich our lives. Dealing with such questions again and again helps us to better understand and reflect on our expectations, needs and feelings in friendships. In this way, we can become more aware of what makes a good friendship - such as honesty, mutual support and trust - and what role we ourselves play in it. We have prepared 20 carefully selected questions about relationships and friendships for you.

What reflecting on relationships brings you

Reflecting on friendship is important because it enables us to nurture and strengthen our relationships. By asking ourselves what we expect from friends and what we ourselves can do as good friends, we promote openness and understanding. This helps to identify and resolve conflicts together, which in turn stabilizes and deepens the friendship. Regular self-reflection also helps to recognize boundaries, practice forgiveness and increase mutual appreciation.

In short: friendship issues promote mindfulness towards our social relationships and help us to preserve and shape friendships as a valuable treasure. This is how we make our lives more colorful and fulfilling - with friends by our side.

I wish you much joy, openness and enriching encounters on your path to fulfilling and valuable friendships! May your relationships grow and give you stability, trust and genuine connection.

Your Tan



MY NAME:

20 QUESTIONS ABOUT RELATIONSHIPS

1. Do I have many friends?

2. Do I have good friends?

3. What do I want from relationships?

4. Do other people make me happy?

5. What makes real friendships?

QUESTIONS ABOUT RELATIONSHIPS

6. What do I expect from my partner?

7. Who would come to my funeral if I died tomorrow?

8. Do I have prejudices?

9. How do I deal with rejection?

10. Do I have enemies?

QUESTIONS ABOUT RELATIONSHIPS

11. Who makes me a better person?

12. Am I a good friend?

13. Can I forgive other people?

14. Can I ask other people for forgiveness?

15. When do I trust a person?

QUESTIONS ABOUT RELATIONSHIPS

16. What quality is important to me in others?

17. Who should I spend more time with?

18. Which relationship / friendship should I rebuild?

19. Is there a person I love more than myself - if so, why?

20. Do I always treat others the way I would like to be treated myself?

Congratulations, well done!