



Positive Adult Relationships Worksheet

What does it take to develop and maintain healthy relationships in adulthood? After all, most of us never had deliberate, personalized training on how to identify friends and partners who are a good match for us. If our earliest role-models (including parents, siblings/cousins, teachers, and other significant adults) were not self-aware, accountable, compassionate, and forgiving, many of the relationship pitfalls we eventually experience in adulthood will be unconscious outcomes of our early attachment narratives.

Those of us on a path of personal reflection find that when we look deeply enough we realize that what we see in others is often a mirror image of what is hidden in ourselves. Let's explore a model to help us understand how we form our early personality values and how that impacts our connections with others in later life.

Watch this video to learn the Psychosynthesis Model:

<https://vimeo.com/163904790>

(model developed by John Firman and Anne Gila)

Let's apply the Psychosynthesis Model to your own adult relationships.

Name some people, both in your personal life and famous people, who you judge (upper shadow) and envy (lower shadow).

People I Judge

People I Envy



Let's dig a little deeper. Look at the two lists you just made and see if you can identify the qualities or behaviours of the people you named. Write your new lists just focusing on qualities.

Qualities/Behaviours I Judge

A large rounded rectangular box with a teal border, containing 18 horizontal lines for writing.

Qualities/Behaviours I Envy

A large rounded rectangular box with a teal border, containing 18 horizontal lines for writing.



How we show up in the world always has a benefit to us, even if it's deeply hidden or unconscious. For example, a person who is perceived/judged as lazy may actually be really competent at self-care and setting boundaries, but if you do not give your own self permission to rest, you will judge those who rest regularly as lazy.

**Pick 5 of the qualities from your judgement list
and see if you can find the hidden benefit or silver lining.**

Quality	Hidden Benefit / Reframe / Silver Lining

How will you use the Psychosynthesis Model and the concept of looking beyond judgement and envy to create more positivity in your adult relationships?

(Take a few moments to record your thoughts below.)