



Relationship Coaching Inventory Form Template

* Required information

First name *

Last name *

What's your email? *

Client Name

Name of Relationship Partner

When did this relationship begin?

Amount of time together?

Relationship Type (lover, friend, hook up, etc.)

Describe in detail how you met this person.

Describe how you felt throughout the stages of the relationship.

What was the absolute best thing about this relationship?

What was the absolute worst thing about this relationship?

What, if anything, do you wish you could experience with this person again?

What, if any, personal regrets do you experience from this relationship?

Describe HOW this relationship ended: (If current, write NA)

Describe WHY this relationship ended: (If current, write NA)

What, if anything, would you say to this person if you had the chance? Please use "you" statements as though you are talking directly to them. (For Example, YOU were the love of my life, YOU were a bad choice for me, YOU will always be important to me, YOU hurt me, YOU set impossible standards for me. etc.

Write the exact same paragraph as above only this time use "I" statements. (for example: "I" was the love of my life, "I" was a bad choice for me, "I" will always be important to me, "I" hurt me, "I" set impossible standards for me, etc. The statement itself does not have to instantly ring true. Just step out of your comfort zone and write the work as designed in order to receive your breakthrough.

After re-reading and reflecting on the two previous questions please answer the following. Do you need to forgive this person or do you need to be forgiven, or both?

Do you feel a sense of peace in your relationship with this person? In other words, were you able to experience a feeling of completion with no loose strings or unspoken communication? (Is there anything that needs to be said?)



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