

## How Would You Like Your Relationships To Feel?

Think of the ideal qualities and components that would make you feel good in a relationship. We've added some examples, but you should add your own. Then, rate the importance of each on a scale of 1-5 (1 being least important), and consider potential exceptions to these ideals.

Desired Component	Importance	Are there situations in which it might be fair to compromise on this?
Regular in-person meetups		
Clear boundaries		
Sharing meals		If my friend's work schedule makes this hard, we can do something more low-key.
Making plans in advance		I don't have to accept last minute invites, but can appreciate the gesture.
Being honest about opinions		If my friend is in a sensitive mood, I can express my opinion in a more gentle way than normal.
Makes me feel supported		If I make a choice that negatively impacts them, they don't have to be enthusiastic about it.

Does anyone in your life currently fit the above descriptions? If so, those are the best people to spend your time with. If not, what steps can you take to meet people like this?