

## RELATIONSHIP REVIEW

adapted from Josh Levin

**WHY?** The purpose of a relationship review is keep your relationships “current” and updated. It’s to cultivate a thriving, vibrant, alive, awake, and honest friendship.

**WHEN?** You do this when you have some buried withhold, a mild resentment, or you just want to go deeper or love the hell out of them because you’ve been holding back. It’s good to do this at least once a year.

**WHAT?** Practice: This is a relationship practice designed for both parties to truth tell (another tool in ROOTS). You could also call it a friend check in.

**DISCLAIMER:** This is NOT a clearing conflict process and could stir the pot. If you choose to go down this road, you’ll need some skills to do the clearing part, or a third party with skills.

**HOW?**

I like to lead with “Hey, I’d love to get some time with you and talk specifically about our relationship and friendship. Are you game?”

1. Context. Begin by setting context and revealing your WHY?. Share the reason that has you inspired to “lean in” to this conversation. Perhaps you are doing this is because this person and this relationship is important to you.

2. Appreciation 1. What I appreciate about you is.... or One thing I appreciate about you is...

3. Appreciation 2. What I appreciate about our relationship is.....or One thing I appreciate about our relationship is...

4. Own Your Withhold. “I have a withhold I want to share.... It’s scary, but I want to go there because it’s good for my growth. Are you open to hearing it?”

“What I’m loving/resenting/judging about you is...(just talk about their behavior, not who they are).” or

“My withhold is that I love you!

My withhold is that I judge a part of you that is hard to accept....

5. Share Impact --Own how their behavior (that you judge) has impacted you.

My withhold is that I judge this part of you (i.e. your drinking) and it has me \_\_\_\_\_  
(share impact) pull away, shut down, try to fix, etc. Feel free to tie it in to your past/history.

6. State Your Preference. How I want our relationship to be different is...(don’t be attached to them changing. This is merely an opportunity to ask for what you want, directly. Use the rule of thumb--I want you to do X, but I don’t need you to. This way you are asking for what you want, but not attached to the outcome.

7. Request for Response. Ask for response to what you’ve shared (if you haven’t already been getting that) or whatever else you need to feel complete for now. At minimum they could share the impact of what it was like to hear this.

8. Switch. Remain open to their “review” from their vantage point and do your best to “get their world, reflect, and validate what it must be like to be in their shoes.

- See original inspiration by Josh at: <http://www.jaysongaddis.com/2013/06/the-relationship-review-guest-post/>