

## There are tasks and goals for each stage of relationship

- Beginning Task – Exchange information  
Beginning Goal – Decide if there is enough in common to continue relationship
- Middle Task (s) – Exchange more detailed information, building relationship  
Middle Goal (s) – various goals depending upon the relationship and tasks – life goals – work goals- relationship goals
- End Task – Review and Catalog events from relationship  
End Goal – Acknowledge that relationship is, or has ended and will never be the same – even if it continues in a different form.

## Categories of Memories

Things I liked about the person

Things I liked about the relationship

Things I didn't like about the person

Things I didn't like about the relationship

Things I learned from the other person

Things I think they learned from me

Things that challenged me about this relationship

Things I think challenged them about this relationship

Life lessons I learned from the person

Life lessons I learned from the relationship

Life lessons I think they learned from me

Life lessons I think they learned from the relationship

Ways my life is better because of knowing this person

Ways I think their life was better because of knowing me

Ways my life was more challenging because of this relationship

Ways I think this person's life was more challenging because of this relationship

## Categories of Memories

Things I am glad I did in this relationship

Things I am glad they did in this relationship

Things I wish I had done in this relationship

Things I wish I hadn't done in this relationship

Things I wish they had done in this relationship

Things I wish they hadn't done in this relationship

People I know just because of this relationship

People they know just because of this relationship

Things I learned from their values

Things they learned from my values

Things that challenged me about their values

Things that challenged them about my values

Things I learned from their weaknesses

Things they learned from my weaknesses

Ways I learned from their strengths

Ways they learned from my strengths

Ways their strengths challenged me

Ways my strengths challenged them

Ways our strengths complimented each other

Ways our strengths clashed

Significant events they helped me through

Significant events I helped them through

## Categories of Memories

Ways I learned from their humor

Ways they learned from my humor

Ways I learned from their fears

Ways they learned from my fears

Ways I learned from their courage

Ways they learned from my courage

Ways their Morals Helped/Challenged me

Ways my Morals Helped/Challenged them

Ways their Values Helped/Challenged me

Ways my Values Helped/Challenged them

Ways their Boundaries Helped/Challenged me

Ways my Boundaries Helped/Challenged them

Ways their Priorities Helped/Challenged me

Ways my Priorities Helped/Challenged them

Ways their Religion Helped/Challenged me

Ways my Religion Helped/Challenged them

Ways their Spirituality Helped/Challenged me

Ways my Spirituality Helped/Challenged them

Ways their family ties Helped/Challenged me

Ways my family ties Helped/Challenged them

Ways their finances Helped/Challenged me

Ways my finances Helped/Challenged them

Ways their Commitment Helped/Challenged me

Ways my Commitment Helped/Challenged them

## **How To Use This List As A Tool For Processing Loss Or Change In A Relationship**

Set aside a limited amount of time -20 minutes to an hour – and take a sheet of paper and write one of these categories at the top of the sheet of paper.

Then simply write whatever comes to mind about that category, in relation to the person, pet, job, or relationship that has transitioned or ended.

In this process it is recommended that you move into a space of allowing yourself to feel whatever comes up for you. This may be positive or negative thoughts, positive or negative feelings, and comfortable or uncomfortable physical sensations.

Some categories may require several periods of writing to exhaust your thoughts and reactions to them.

Sometimes you may move through several categories in one sitting.

The goal is to face and accept all the emotions and to catalog the memories so that they are available for ready access in the library of your mind, as you move on in life.