

Healing by Design® Identity & Self-Awareness in Relationships Post-Live Reflection Worksheet

Healing by Design® is grounded in the belief that healing begins with awareness. This worksheet is designed to help you explore how identity shapes communication, reactions, and connection in relationships.

There are no right or wrong answers. This is about clarity, not criticism. Awareness, not blame.

PART 1: INDIVIDUAL REFLECTION

When I communicate clearly in relationships, I am usually feeling:

When I struggle to communicate, I am often protecting myself from:

One belief I hold about myself that influences how I communicate is:

Before I speak up, I often tell myself:

When I soften my needs or stay silent, I am usually trying to avoid:

An unspoken need I tend to minimize is:

When emotions rise during conflict, my first internal response is usually:

A physical or emotional signal I notice when I'm becoming overwhelmed is:

One trigger I am becoming more aware of in relationships is:

One thing I need to understand better about myself when conflict shows up is:

One way I want to communicate more honestly and clearly moving forward is:

PART 2: COUPLES REFLECTION

When I feel most like myself in this relationship, it's when:

When I feel least like myself in this relationship, it's when:

One thing that helps me feel safer communicating is:

One thing that makes communication harder for me is:

One way I want to show up more clearly and honestly in this relationship is:

One thing I need more understanding around from my partner is:

Healing does not happen through perfect communication. It happens through honest awareness.

Self-awareness strengthens communication. Clear communication strengthens connection.

Healing by Design® reminds us that understanding yourself is not selfish. It is foundational.