

RELATIONSHIP CONTAINER WORKSHEET

A guided practice for couples to create clarity, connection, and freedom in their relationship.

Step 1: Availability

What am I emotionally available for right now?

- ☐ short-term exploration
- ☐ Long-term vision
- ☐ Healing space
- ☐ Practice/Learning

Other:

What feels true for me right now?

Step 2: Nature of the Connection

What is the nature of this connection? (Check or describe)

- ☐ Monogamous
- ☐ Open
- ☐ Exclusive for a timeframe

Other Partners?

- ☐ Yes
- ☐ No

Frequency of connection:

Step 3: Intention

What do I want to practice or explore in this relationship?

(Examples: honest communication, presence, deepening intimacy, exploring partnership potential)

My personal intention:

What I hope we might explore together:

Step 4: Agreements

How often will we connect/see each other?

What are our boundaries around intimacy

What am I offering?

What do I want to receive?

Step 5: Timeframe

Length of this container:

- ☐ 1 month
- ☐ 3 months
- ☐ 6 months
- ☐ 1 year

At the end of this timeframe, we will revisit:

- What did we learn?
- What’s true now?
- Do we want to shift the container, renew it or close?