

Give It One More Chance

# Exercise F

Week 3

Mark indicators of the following for both you and your partner:

1. Level of trauma from childhood
2. Level of trauma in prior relationships
3. Level of trauma in the current relationship
4. Untreated preconditions (active addiction, mental illness, unadmitted personality disorders, undiagnosed depression, etc.)
5. The willingness of both partner to do his/her work and the work of the relationship

Looking at Slide #7, make your best guess as to your current Ballpark Formula. What percentage is good, grief and growth edge? Compare your response with your partner's.

What is your current growth edge? (Hint: the knowledge you have gained from GIOMC thus far such as from the Relational Grid and the telling of your story).

Is this relationship the best place to grow your edges that you can become your highest best self?



As always, note your feelings.