

**Assignment : Week Two**

In this assignment you will look at certain relationships and how you are choosing to define yourself.

Relationship with a mate (either current or past, whatever the case may be).

Name of Mate \_\_\_\_\_

Describe the relationship as you see yourself as separate from your mate

\_\_\_\_\_

Describe the relationship as you see your mate as an aspect of you

\_\_\_\_\_

Why did you attract this person into your life?

\_\_\_\_\_

What aspect of this person represents what you perceive to be missing in yourself?

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What aspect of this relationship is most joyous?

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What aspect of this relationship is most challenging?

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If you could perceive that the relationship is in place so that you could understand yourself as a whole (what's missing and what's present), how would you now describe yourself?

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**Assignment : Week Two**

In this assignment you will look at certain relationships and how you are choosing to define yourself.

Relationship with a parent.

Name the parent (either father or mother) \_\_\_\_\_

Describe the relationship as you see yourself as separate from your parent

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Describe the relationship as you see your parent as an aspect of you

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Why did you attract this person into your life?

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What aspect of this person represents what you perceive to be missing in yourself?

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What aspect of this relationship is most joyous?

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What aspect of this relationship is most challenging?

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If you could perceive that the relationship is in place so that you could understand yourself as a whole (what's missing and what's present), how would you now describe yourself?

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**Assignment : Week Two**

In this assignment you will look at certain relationships and how you are choosing to define yourself.

Relationship with a friend.

Name the friend (either in your life now or in the past) \_\_\_\_\_

Describe the relationship as you see yourself as separate from your friend

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Describe the relationship as you see your friend as an aspect of you

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Why did you attract this person into your life?

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What aspect of this person represents what you perceive to be missing in yourself?

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What aspect of this relationship is most joyous?

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What aspect of this relationship is most challenging?

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If you could perceive that the relationship is in place so that you could understand yourself as a whole (what's missing and what's present), how would you now describe yourself?

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