

27 Managing relationships



If you are working through *The Warrior Within*, these three exercises and further useful information to help you in your recovery can be found on pages 105-112. These three exercises assume you have completed exercise sheet **1 Starting an activity journal.**

Working out how you experience relationships

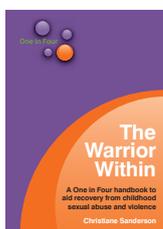
Ask yourself the following questions and record your feelings and thoughts in your journal: What does love mean to you? What does mutual respect mean to you? How do you show that you love someone? How does it feel to receive love? How does it feel to co-operate with someone else? To what degree do you have confidence in others? How do you know you can trust someone? What evidence do you need to be ready to trust? How does it feel to trust others? How does it feel to be appreciated by others? How does it feel when you are disappointed or let down by someone? Look at your answers to these questions and reflect on them. Next ask yourself the following: What will make you feel more comfortable, safe, secure or happy in your relationships? What would you like to change or heal in your relationships?

Evaluating the trust you can have in others

In your journal make a list of all significant people in your life. Reflect on those you feel you can trust and those you are unsure about and those you feel you cannot trust at all. Next draw a line with 0% at one end and 100% at the other end. This represents a continuum of trust. Look back at your list and plot each person along this scale on the basis of the degree of trust you have in them. If they are scattered across the whole spectrum then you have a range of trusting relationships in which you do not over or under invest. If they concentrate towards the 0% end of the continuum then it is likely that you fear intimacy. If they concentrate nearer the 100% mark, then that indicates that you probably over invest or become over intimate too easily.

Identifying your needs

Think about your needs and make a list of them in your journal. If you are stuck, then consider some of the following: the need to feel safe, to feel loved, to feel respected and to feel comfortable about showing your vulnerability without fear or shame. Also important is the need to be able to say 'no' without being rejected or humiliated, and the need to be listened to. Try to add any other needs that are important to you. Look at the list and think about what you can do to meet these.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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