

Chapter 4 Resources: From Swipe Right to Therapy

Worksheet: Your Relationship Compass

A Relationship Compass helps you make more intentional choices, whether you're dating, making new friends, or reflecting on long-term bonds. Use this step-by-step guide to clarify what you want, what matters most, and what you won't compromise on.

Step 1: Look Back – What Have You Learned?

Think about past relationships (romantic or not).

Write a few bullet points for each:

- What worked well? _____
(e.g., “We had open communication,” “They supported my goals”)
- What didn’t work? _____
(e.g., “I didn’t feel heard,” “There was dishonesty”)
- What patterns do you notice? _____
(e.g., “I tend to over-function,” “I avoid conflict”)

Step 2: Clarify Your Core Values

- What qualities matter most in a relationship? Choose a few values: _____

(e.g., Honesty, respect, humor, growth, loyalty, kindness or adventure)

Step 3: Define Your Relationship Goals

Think about what you want to build.

- What does a great relationship look like to you? _____

- What are your top relationship goals? _____

(e.g., Shared future vision, emotional closeness and mutual support)

Step 4: Name Your Dealbreakers

- What are the non-negotiables you *won't* accept in a relationship? _____

(e.g., Dishonesty, disrespect, lack of ambition, poor communication, different life goals)

Step 5: Fill Out Your Relationship Compass

Use this chart to summarize your answers so far:

Core Values	Relationship Goals	Dealbreakers

Step 6: Use Your Compass

When meeting someone new or evaluating a relationship, ask:

- Does this connection align with my values?
- Does it support my goals?
- Are there any dealbreakers showing up?

Step 7: Red Flags & Green Flags

To help make quick decisions, review the examples and fill out your own chart below:

Green Flags (Positive Signs)	Red Flags (Warning Signs)
Kindness and respect	Controlling behavior
Shared values	Avoids responsibility
Supportive of your goals	Dismisses your needs

Green Flags (Positive Signs)	Red Flags (Warning Signs)

Step 8: Revisit and Revise

Your compass may change as you grow. Review it every few months or after major experiences to make sure it still reflects who you are and what you need.