



## How to Be Interdependent

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This worksheet will help you sort through 9 signs of interdependency (put together by Jodi Clarke) so that you can identify which behaviors you would like to bring into your relationship and give yourself credit for the ones you already have.

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### Sign #1 - You've set healthy boundaries.

- Does this describe your relationship?
- Write down a specific example of this behavior.
- If not, write down a specific example of a lack of boundaries within your relationship.
- Is this a behavior you would like to adopt? If so, what one action will you take to get started?



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Sign #2 - Both parties are good active listeners.

- Does this describe your relationship?
- Write down a specific example of this behavior.
- If not, write down a specific example of one or both parties showing poor listening skills.
- Is this a behavior you would like to adopt? If so, what one action will you take to get started?



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Sign #3 - Both parties make time for personal interests.

- Does this describe your relationship?
- Write down a specific example of this behavior.
- If not, what is the reason you don't believe this is true for you?
- Is this a behavior you would like to adopt? If so, what one action will you take to get started?



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Sign #4 - There is clear communication between the parties.

- Does this describe your relationship?
- Write down a specific example of this behavior.
- If not, write down a specific example of one or both parties showing poor communication skills.
- Is this a behavior you would like to adopt? If so, what one action will you take to get started?



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Sign #5 - Both parties take personal responsibility for their behaviors.

- Does this describe your relationship?
- Write down a specific example of this behavior.
- If not, write down a specific example of one or both parties avoiding responsibility for their behavior.
- Is this a behavior you would like to adopt? If so, what one action will you take to get started?



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Sign #6 - Both parties have created a safe environment for each other to be vulnerable.

- Does this describe your relationship?
- Write down a specific example of this behavior.
- If not, write down a specific example of one or both parties discouraging vulnerability.
- Is this a behavior you would like to adopt? If so, what one action will you take to get started?



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Sign #7 - Both parties engage and respond to each other.

- Does this describe your relationship?
- Write down a specific example of this behavior.
- If not, write down a specific example of one or both parties disengaging themselves from the relationship.
- Is this a behavior you would like to adopt? If so, what one action will you take to get started?



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Sign #8 - Both parties exhibit healthy self-esteem.

- Does this describe your relationship?
- Write down a specific example of this behavior.
- If not, write down a specific example of one or both parties exhibiting low or unhealthy self-esteem.
- Is this a behavior you would like to adopt? If so, what one action will you take to get started?





# The EXPECTATION GAPS

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Sign #9 - Both parties are open and approachable.

- Does this describe your relationship?
- Write down a specific example of this behavior.
- If not, write down a specific example of one or both parties closing themselves off or being unapproachable.
- Is this a behavior you would like to adopt? If so, what one action will you take to get started?