



reset

Relationship Reset Inventory

Think about all of your relationships

- Children
- Parents
- Spouse or other romantic relationships
- Siblings
- Co-workers or your boss
- Friends
- Church family
- Extended biological family
- Any others

1. As you think through all these relationships, make a note of anyone who you are mad at, have offended you in some way, anyone that there is a hurtful distance between you and them, anyone you have hurt or offended, anyone you have a strained relationship with. Write their name in the first column of the worksheet on the back of this page.

2. Then, write the event or events that led to the broken relationship in the second column.

3. In the third column, write what your part was in that event - anything you may have contributed to. Maybe you were the one that initially offended or hurt the other party? Write down what you did. Or maybe you were the one that was offended. Is there anything you did in response to the offense that contributed to the hurt and broken relationship?

4. In the fourth column, write down whether you forgiven the other party for their offense?

5. In the fifth column, write down whether you have repented of your part?

6. In the sixth column, write down a step that you can or should take in this relationship to promote reconciliation?

Name of the Person	What event led to the broken or strained relationship?	What was your part?	Have you forgiven this person?	Have you repented for your part?	What step can or should you do to promote reconciliation?