

## Self-Reflection on Intimate Relationships

Even in close relationships, we can be guilty of only focusing on ourselves and what the other person can do to make us happy.

We must instead shift our focus from being self-centered to the needs of our partner.

From

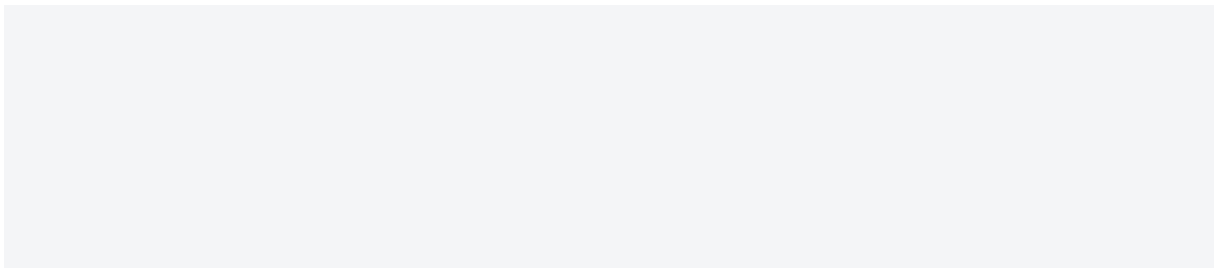
*If they really loved me.....*

To

*If I really loved them....*

Write down some examples:

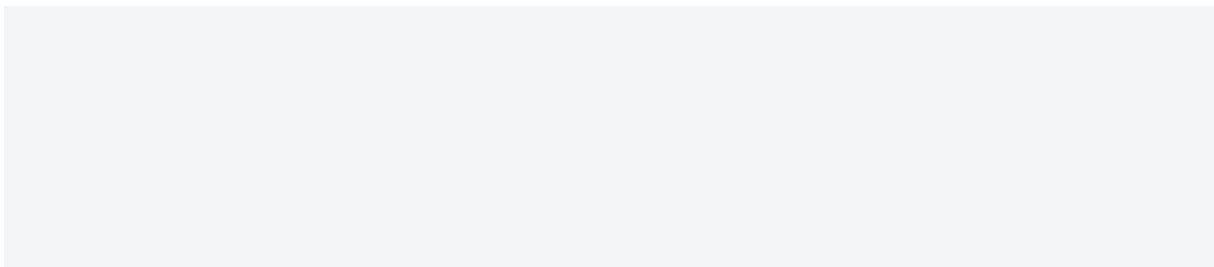
*If they really loved me.....*



Shift your attention from yourself to your partner:

Write down some examples:

*If I really loved them....*



The aim is to change from a view of getting your needs met and looking after yourself to meeting the needs of someone you love. A partnership will never be as good or as meaningful as it could be if both are simply looking after their own needs.

Dr. Jeremy Sutton