

## Self-Reflection on a Single Relationship

While common in Naikan therapy, many of us are unfamiliar with deliberately reflecting on our relationship with a single individual.

Often such reflection begins with a focus on one's mother, but it works for anyone special in your life.

Review the three Naikan questions and spend some time thinking about your relationship with the person over the last three months.

Make sure the answers are specific to that individual.

Who is the relationship with:

How long have I had this relationship:

**Review the last three months:**

What did I receive from the person?

*For example,*

*They always ask me how I am.*

*They make me dinner every Friday night.*

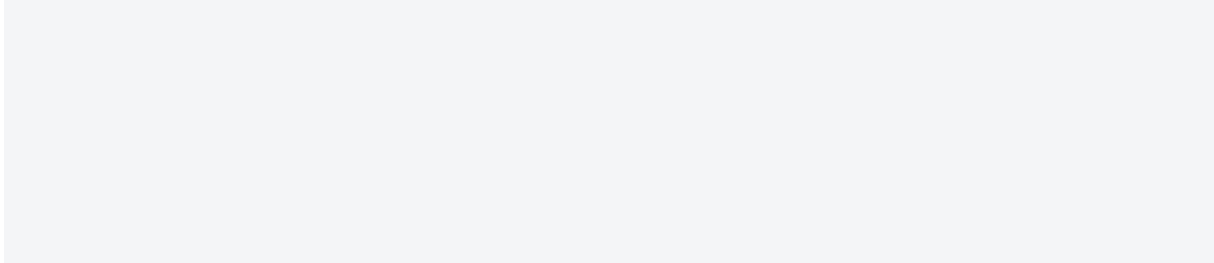
*They helped out financially when I was a student.*

What did I give to the person?

*For example,*

*I fixed their car when it broke down.*

*I always write something heartfelt in their birthday cards to say thank you.*



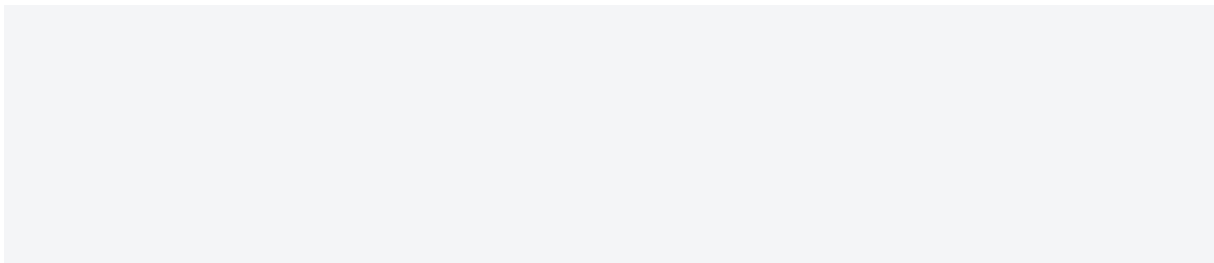
*Review the above two lists and ask yourself, are they complete and consistent?*

What troubles and difficulties did I cause the person?

*For example,*

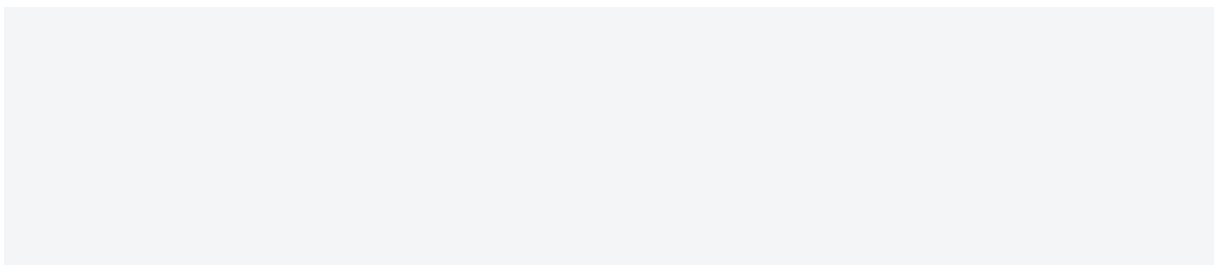
*I didn't check how they were after the operation.*

*I don't always return their calls.*



**Next steps:**

What else can I give back to this person?



Dr. Jeremy Sutton