

# Cognitum

*(Know Yourself)*

\*Complete the following questions thoughtfully and idealistically

Define your worldview: your ethical standards and moral / spiritual principles you would like to live by.

Next identify your ideal long-Term relationship:

Married or Not?

Describe your ideal home life.

How you express love / affection / respect.

Define roles and ideal division of responsibilities.

What are your partner's ideal qualities? Which of those qualities are non-negotiable?

Define how you would like to resolve conflict in a healthy way.

How you currently deal with conflict or relational stress?

What are 'red flags' in your acquaintance, romantic, work, and family relationships that you have to look out for?

What are the absolutes, or "line in the sand" that if anyone crosses, you will remove yourself out of the relationship? Permanently if needed.

How would you describe your boundaries now? Balanced (healthy), or passive, non-existent to aggressive / bullying / indifferent to others feelings?

How have your unhealthy boundaries kept you away from avoiding attachment or being emotionally vulnerable?

How has any potential fear of failure, rejection, or abandonment impacted you and how others relate to you?

Why do you feel *you are* or *are not* worthy of being loved and accepted as you are?

Who is the one person you trust unconditionally to give you realistic feedback on your progress to live along with your personal values? If you have no one now, who will you choose to be that person?