

# *I share power in my relationships*

## **I share power in my relationships.**

I strive to have healthy relationships. ***I realize that an element of equality is integral in order to experience a lasting, replenishing relationship.***

If I take care to equalize the balance of power between myself and another person, then I have a truly restorative connection.

I recognize that sharing power in any type of relationship is instrumental to the relationship's longevity. So, whether it is a romantic relationship or an enduring friendship, my goal is to share the power.

In my romantic relationship, I share power with my partner by asking how they would like to spend our time together.

I focus on taking turns - if I chose the restaurant last week, I encourage my partner to make the selection for this week's date. It can be quite liberating to leave the decisions up to my partner!

My friendships are very special to me. I make a real effort to discuss with friends what is important to them. Our friendship

flourishes because I am careful that the power for decision-making is divided between the two of us.

I believe that having healthy, balanced relationships make for fulfilling and lasting unions with my family and friends, as well as my spouse.

***Today, I plan to ponder whether I share enough power in my relationships.*** If I find that the balance of power is leaning toward one or the other, I can take action to equalize it for both our enjoyment.

## **Self-Reflection Questions:**

1. Do I share the power in my relationship?
2. When it comes to my friendships, am I able to surrender power and take part in activities a friend chooses?
3. How can I ensure that the balance of power in my relationships is equal?