

WORKSHEET

Personality Disorders & Relationship Goals: Managing Love and Mental Health

◆ SECTION 1: Clarify Your Relationship Goals

Think about what you want from a relationship. Then ask: is it realistic, healthy, and flexible?

1. What's a relationship goal you've had recently?

(Example: "I want someone who never leaves me.")



2. Now, reframe that goal into something more emotionally grounded:

(Example: "I want to feel safe even when we spend time apart.")



◆ SECTION 2: Identify Your Emotional Triggers

3. What emotional trigger shows up most often in relationships?

Fear of abandonment

Need for validation

Feeling criticized or not admired

Feeling misunderstood or emotionally unsafe

Other: _____

4. What do you usually *do* when that emotion hits?

(Example: "I accuse them of not caring," or "I pull away and act cold.")



◆ SECTION 3: Break the Pattern

5. What's a small action you can try *instead* next time?

(Example: Take a 5-minute break and name the feeling instead of reacting immediately.)



6. What's a boundary you can set that helps you feel safe—without controlling the other person?

(Example: "When I feel overwhelmed, I need to take 15 minutes before continuing the

conversation.”)

◆ **SECTION 4: Communicate With Awareness**

7. Write a script you could say to a partner during a calm moment.

(Use “I” statements, take ownership, and explain what helps.)

“Sometimes I _____, and I’m working on it. It helps when you _____.”

◆ **SECTION 5: Commit to a Growth-Based Goal**

8. Circle the one you’ll focus on this week:

- I will name my feelings before reacting
- I will reframe my thoughts when I feel insecure
- I will practice expressing a need calmly
- I will take space instead of escalating
- I will remind myself I deserve love without needing to be perfect

✅ **Reminder:** You’re not trying to be someone else. You’re learning to build a relationship that holds both your needs *and* your emotional growth.

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