

Relationship Investment Worksheet

A reflective worksheet for assessing where your relationships feel deep, thin, avoided, or ready for more intentional investment.

How to use this worksheet: Answer directly rather than elegantly. You are not trying to sound thoughtful - you are trying to notice what is true.

1. List the three people I most want to be known by. How well do they actually know me?

Use the scale to make it concrete: 1 = surface only, 5 = deeply known.

Person	1-5	What they know

2. What conversation am I avoiding in my closest relationship?

Ask yourself what you do not want to risk: conflict, disappointment, vulnerability, change, or being clearly known.

3. What would I need to do to deepen the friendship I most want to deepen?

Think in terms of action: initiate, invite, follow up, be more honest, ask better questions, or create repeated contact.

4. Where in my life do I feel genuine belonging, and where do I feel thin?

Name the places, people, communities, or rhythms where you feel rooted - and where your connections feel polite but not real.

Relationships deepen less through intensity than through repeated honesty, repair, and showing up again.