

Interpersonal Downward Arrow: The Rules and the Roles*

My Role List some adjectives that describe your role in this relationship? What kind of person are you?	His / Her / Their Role List adjectives that describe the other person's role? What kind of person is he or she?
The Feelings Describe what it would feel like for you to be in this type of relationship.	The "Rules" What are the "rules" that govern this relationship and connect the two roles described above?