



## BREATHING SPACE

### DISENGAGE – FRIENDSHIP OR RELATIONSHIP AUDIT

Give each a score out of 10, 1 being low, or never and 10 being high or always.

	Person 1	Person 2	Person 3	Person 4	Person 5
Does this person bring me joy?					
Does this relationship help me through challenging times?					
Does person love me for who I am?					
Does this person listen without needing to make it about them or trying to make it ok?					
Do I want to still be friends or in a relationship with this person?					