

Relationship Strategies Worksheet

To assess your use of general relationship strategies, fill out the worksheet below. First, check the strategies you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Reduce contact with some people			
Drop some relationships			
Change type of contact (in-person => phone)			
Set limits on time, setting or number of people			
Recognize problems created by illness			
Take responsibility for your share of problems			
Practice assertiveness			
Educate others about CFS/FM (within limits)			
Meet others with CFS/FM			
Get professional support (counseling)			
Accept help			
Help others			
Nurture self with solitude			