

Relationship contract

What qualities (funny, kind, reliable) would I like from a partner or friend?

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How would I like my partner or friend to show they care about me?

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How will I show my partner/friend I care about them?

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What would make me want to end the relationship/friendship?

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What could I do if I did not feel happy in the relationship/friendship?

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My relationship rules (what do I need from a partner/friend)

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