



### Exercise: What do I Value Most in Relationship?

1. Let's take a radically honest look at what we currently value *more* than changeless Love, more than our one, shared and Holy Self.
2. This questionnaire is designed to reveal where your hidden idols may dwell. Many of these are valued by the world as symbols of special love. Some of these may be areas or qualities that you deem as positive strengths, yet in truth, they are unrecognized “blocks” to Love and therefore, barriers to real union and Holy Relationship.
3. Take your time and go through each of these possible idols. An idol is anything we value or prioritize above God, and thus readily *defend*. Be radically honest as to how much you value or identify with each of these.
4. On a scale from 0-10, determine which of these has more or less value for you right now. This often changes as we transfer our trust from fear to Love. 0 represents no value for you, while 10 represents a strong value for you:
  - 1) being a provider
  - 2) being a rescuer
  - 3) being a problem-solver
  - 4) being a people-pleaser
  - 5) compromise myself to keep the (ego's) peace
  - 6) being a control freak
  - 7) being a clean freak
  - 8) being a forward planner
  - 9) being private, keeping private thoughts
  - 10) appearing strong, unwilling to be emotionally vulnerable and transparent
  - 11) being competitive
  - 12) being right
  - 13) being needed by others
  - 14) being meticulous
  - 15) being intelligent
  - 16) being creative
  - 17) being a drama queen
  - 18) being sick or in pain
  - 19) being a martyr
  - 20) being a worrier; anxious



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- 21) taking on “false-responsibility” for loved ones
- 22) compartmentalizing my life
- 23) belief in innocent victims *and* guilty perpetrators
- 24) belief in the world, news, politics, etc.
- 25) belief that I am a victim of the body, another person, the past or the world
- 26) holding grievances from the past or present
- 27) find it difficult to forgive completely
- 28) attached to stories from the past
- 29) sentimental
- 30) belief in having been unfairly treated
- 31) belief that my romantic partner should provide sex
- 32) being addicted to any one of the ego’s many body appetites such as sex, pornography, food, TV, video games, drugs, shopping, judging, gossiping, drama, spending, fitness, body image, alcohol, etc.
- 33) belief that real love involves sacrifice, putting our own needs on hold, etc.
- 34) belief that love can change or end
- 35) belief in certain “rules” and “roles” in relationship that if broken, are grounds to withdraw or end love