KAREN'S DASHBOARD   **MANAGING DISEASE**   **HEALTHY LIVING**   **WORKPLACE WELLNESS**   **WELLNESS AT HOME**

Relationship Fractures:

Defined as a break in the connection between two or more people, and if not repaired can result in a permanent separation and hurtful consequences.

Fractures occur in one or more of the following relationship categories:

- primary love relationship
- parents, siblings, children (youth/adult)
- friends-relatives
- workplace relationships (superiors, peers and subordinates)

Relationships fractures always come at a cost in at least one of four ways:

- Mentally-Emotionally: (stress, fear, anxiety, anger, shame, sadness, etc.)
- Socially (loneliness, ostracized, separation, loss of validation}
- Career (lack of favor with superiors and co-workers, failure to advance, loss of co-worker commoradarie, unresolved conflicts, loss of passion and motivation in your work, broken lines of communications and clarity)
- Financial (passed over for promotions, net worth cut in half from spitting up of assets over a primary breakup, unnecessary spending to create good feelings to cover pain)

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Primary Love Relationships

Enter the names of 1-3 persons who you experienced a fracture with in the past or are currently in one now. As you reflect, answer each of the questions:

	Person 1	Person 2	Person 3
Name of person relationship fracture occurred with:	Trig	Amy	
List how many years you were in this relationship:	5	6	
Current status of the relationship:	● the fracture ended the relationship ○ feel stuck in the fractured relationship, but desire it to be restored ○ still fractured and fading apart ○ fractures still exist but working to restore it ○ was fractured but restored and going well	● the fracture ended the relationship ○ feel stuck in the fractured relationship, but desire it to be restored ○ still fractured and fading apart ○ fractures still exist but working to restore it ○ was fractured but restored and going well	● the fracture ended the relationship ○ feel stuck in the fractured relationship, but desire it to be restored ○ still fractured and fading apart ○ fractures still exist but working to restore it ○ was fractured but restored and going well
List behaviors from the other person that you believe contributed to the fracture:	Depressed and negative, was not clear on what he wanted and could not set boundaries. Was	flirtatious and unfaithful.	
List your behavior's that contributed to the fracture:	Anger, impatience, controlling.	Insecure and needy for her to fill my void.	
Rank your emotional pain level from 1-10 (with 10 the highest):	1	1	1
Rank your social pain level from 1-10:	2	2	2
Did the fracture negatively impact your career/work?	35	51	adg
Estimate if there was a financial cost with this fracture:	255	266	277

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Friends-Relatives Relationships

Enter the names of 1-3 persons who you experienced a fracture with in the past or are currently in one now. As you reflect, answer each of the questions:

	Person 1	Person 2	Person 3
Name of person relationship fracture occurred with:	mark	paul	
List how many years you were in this relationship:	25	20	
Current status of the relationship:	◉ the fracture ended the relationship ○ feel stuck in the fractured relationship, but desire it to be restored ○ still fractured and fading apart ○ fractures still exist but working to restore it ○ was fractured but restored and going well	◉ the fracture ended the relationship ○ feel stuck in the fractured relationship, but desire it to be restored ○ still fractured and fading apart ○ fractures still exist but working to restore it ○ was fractured but restored and going well	◉ the fracture ended the relationship ○ feel stuck in the fractured relationship, but desire it to be restored ○ still fractured and fading apart ○ fractures still exist but working to restore it ○ was fractured but restored and going well
List behaviors from the other person that you believe contributed to the fracture:	Admitted to becoming jealous of my success and could not celebrate it with me.	He was rude and selfish.	
List your behavior's that contributed to the fracture:	I became angry and insensitive in the way I confronted him on his jealousy towards me.	I started to dislike him and it grew to a hate and to a point I did not want to be around him.	
Rank your emotional pain level from 1-10 (with 10 the highest):	8	4	
Rank your social pain level from 1-10:	7	2	
Did the fracture negatively impact your career/work?	no	no	
Estimate if there was a financial cost with this fracture:	no	no	

Continue