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## The Cancer Recovery Pyramid: Support Resource #1

# Evaluate Your Relationships

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**Cancer survivors invest time and energy in relationships that nurture them.  
Survivors put relationships that are toxic on hold.**

**Our relationships with others often reflect the relationship we have with ourselves.**


Do you experience conflict with a coworker?  
*Look within to understand the inner conflict you may carry.*


Does a child seem self-willed and impossible?  
*Look within. Do you carry a belief that kids, in general, are willful and impossible?*


This internal search is our only real point of influence. When we evaluate relationships, the central task is to look within, discovering the truth: *The only way to change another is to change ourselves first.*


**Do healed relationships always equate with healed bodies?** *Research shows a correlation; the two go together.* It is part of an emerging field called psychoneuroimmunology. One important clue: when we stop punishing ourselves and others for things that happened in the past, we are then free to move on to a life of well-being, a state which often supports vast and rapid physical improvement.

**Relationship Inventory**

 Conduct an inventory of the ten most important relationships in your life. Use the space on this page to write each person's name.

 Did you realize these were the ten most important people in your life?

 Highlight any relationships that need to be put on hold. Indicate any that need improvement. What is one thing you could change that would improve each relationship?

 Keep the list current. Come back to it often. Appreciate how important this work is to your achievement of wellness.

*My ten most important relationships:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



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