

# RELATIONSHIP MATRIX REFLECTION GUIDE: ASSESS & REASSIGN






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Your relationship matrix is the system of relationships that you exist within. This matrix can either CONTROL you or EMPOWER you. This reflection guide is designed to support you in taking an objective perspective of who you surround yourself at what level of intimacy and why.

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To begin, consider how the relationship matrix forms across your lifetime...

-  **Infancy/Childhood:** your relationship matrix is chosen for you by the people your primary caretakers welcome into or block from your life. This matrix isn't necessarily controlling as ideally your primary caretakers chose loving people to surround you with.
  -  **Adolescent/Teenage:** you are developing an autonomous sense of self and you are drawn towards people for specific reasons so your relationship matrix begins to shift. However, you are still limited in your choice of who you surround yourself with based on the relationship you have with your primary caregivers. Your primary caregivers still have the power to determine who you surround yourself with and in an ideal situation, those caregivers will support your choices.
  -  **Adulthood:** here is where you have full freedom of choice in who surrounds you in your relationship matrix AND it is where your relationship matrix most likely controls you instead of empowers you. This is because we keep relationships in our lives out of loyalty or history or perceived necessity and these relationships often are not the healthiest relationships. Bringing consciousness into your relationship matrix shifts the dynamic from being controlled by to being empowered by your relationship matrix.
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*Place people within your matrix by writing their name and the letter that best represents your relationship with them.*

**H=historical** (they have been consistently in your life 5+ years)

**B=biological** (through blood, adoption, marriage)

**N=necessity** (they are connected through meeting a basic need like income, housing, etc.)

Note: for outermost ring, just list anyone you consider significant in how they affect you



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What themes do you notice in your Relationship Matrix?  
Are they based more in survival or thriving?

Do you need to reassign anyone in your matrix?  
Who is that and how does that reassignment support you?

One important consideration in who you surround yourself with and why is  
how many of these people are here because of what YOU do for THEM

Out of coping and/or survival you may have built a system of doing for others  
to keep the peace.

You also might do for others to affirm your worth because they value you for  
what you do.

Keep this in mind as you reflect below.

List the ways that you do for others without thought and/or to feel worthy and  
acceptable. Remember to include what you do simply to keep the peace.

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Your relationship matrix is revealing no matter how much healing work you have done because every one of us keeps people too close to us for too long because we don't want to rock the boat or we don't want to upset anyone.

The freedom you will find in shifting your relationship matrix from controlling how you show for yourself and others to empowering your choice in how you live and with whom you surround yourself with is priceless.

If you are exhausted, struggling with resentment and anger, or done with putting yourself last, it's time to shift that matrix and I am here to support you. I did this myself, and I revisit my matrix often to make sure I am staying out of the keeping the peace cycle and in a place of intentionally showing up each day the way I choose to show up to my life and relationships.

If this sounds all too familiar...let's chat



You're  
Invited!

When I started to realize how dominant energy had shaped me into someone I was not, it was overwhelming and confusing. I needed support. I needed to talk to someone right away who understood.

That's why I offer complimentary discovery sessions, so you can talk with someone who has been there and has taken the steps to get out of this pattern.

Whether we work together or not is NOT the goal. Chatting about what you are feeling and discovering is the goal. I look forward to talking with you.

Schedule your complimentary discovery session now:

<https://schedulenowjilljerabek.as.me/discovery-session>