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My VISION for my relationship:

1. The life I would like to have with my partner would include:
 - feeling....
 - doing....
 - being the kind of partner who....

The BARRIERS I bring to creating the relationship I desire:

2. Things I will have to change about myself in order to create the relationship I have described:

3. The reasons it won't be easy for me to make these personal changes:

4. The hardest change I have to make in myself is: