

RELATIONAL AUTOPSY

An Advanced Assessment of Relationships

Purpose

This assessment is designed to help you examine a relationship — past or present — through the lenses of identity, values, purpose, emotional impact, and spiritual alignment. It is not meant to assign blame, but to extract truth, wisdom, and direction.

This resource is best used when you are ready to reflect honestly and prioritize growth over familiarity.

How to Use This Assessment

Choose one relationship to reflect on at a time. Move slowly. Answer with honesty, not obligation. Some questions may feel uncomfortable—that discomfort is often informative.



I. Foundation & Context

Understanding what the relationship was built on is the first step to assessing whether or not a particular relationship/ connection is aligned with who you are and becoming.

1. **Origin & Basis:** What was the original foundation of this relationship (shared values, proximity, need, attraction, trauma-bonding, convenience, calling)?
2. **Initial Purpose:** Why do you believe this relationship entered your life at that time? What role did it serve then?
3. **Relevance Check:** Is this relationship still aligned with who you are now — or primarily tied to who you used to be?

Use this space below to reflect on the questions above and jot down your answers and insights.

II. Identity & Self-Concept

When you clarify how a relationship impacts your identity, you are better able to make decisions rooted in growth rather than attachment.

1. **Self-Expression:** Who do you become when you are in their presence? Which parts of yourself are amplified — and which are muted?
2. **Identity Alignment:** Does this relationship support the most honest version of you, or require compromise of your values, boundaries, or integrity?
3. **Calling & Direction:** Does this relationship draw you closer to who God is calling you to be — or subtly pull you away from that direction?

Use this space below to reflect on the questions above and jot down your answers and insights.

III. Emotional & Psychological Impact

Relationships can influence our emotional and psychological wellbeing in obvious, as well as subtle ways. Recognizing these influences can help you better determine what boundaries and the level of access a person should or should not have to you.

1. **Emotional Aftermath:** Who do you become when you are in their presence? Which parts of yourself are amplified — and which are muted?
2. **Nervous System Response:** Does this relationship support the most honest version of you, or require compromise of your values, boundaries, or integrity?
3. **Patterns & Triggers:** What recurring emotional patterns show up in this relationship (people-pleasing, self-doubt, resentment, hypervigilance, avoidance)?

Use this space below to reflect on the questions above and jot down your answers and insights.

IV. Values, Respect & Reciprocity

Knowing how mutual and healthy the dynamic truly requires you to consider how their values and beliefs compliment or conflict with yours.

1. **Values Alignment:** Do they respect and honor your values — even when they don't share them? Or do they challenge and criticize your values? How often do the disagreements of values result in conflict, rather than compassion and understanding?
2. **Mutual Growth:** Is growth encouraged on both sides, or is one person consistently shrinking, over-giving, or carrying the emotional weight?
3. **Health Assessment:** When evaluated honestly, would you describe this relationship as healthy, harmful, or conditional?

Use this space below to reflect on the questions above and jot down your answers and insights.

V. Cost - Benefit Analysis

Weighing what the relationship genuinely adds to your life against what it costs you - without romanticizing - helps you make decisions based in reality rather than attachment and nostalgia.

1. **Benefits vs. Risks:** What does this relationship genuinely add to your life — and what does it cost you emotionally, spiritually, or mentally?
2. **Hidden Poisons:** What subtle harms does this relationship introduce (self-abandonment, stagnation, distraction, emotional exhaustion)?
3. **Future Trajectory:** If nothing changes, who do you become by staying connected to this person?

Use this space below to reflect on the questions above and jot down your answers and insights.

VI. Discernment & Decision

Looking over the insights you gained from the previous exercises, it is time to translate them into discernment. Making relational decisions out of discernment empower you to make intentional choices about the future of the relationship based on growth, alignment, and truth.

1. **Gut Wisdom:** What is your intuition saying — separate from fear, guilt, or history?
2. **Growth Compatibility:** Can you continue growing into your purpose while remaining connected to this relationship?
3. **Relational Outcome:** Based on truth — not attachment — does this relationship need to:
 - a. **Evolve:** *The relationship has the capacity to grow through honest conversation, boundary adjustments, or mutual change that supports continued alignment.*
 - b. **Dissolve:** *The relationship no longer supports your growth or well-being, and releasing it creates space for clarity, healing, and alignment.*
 - c. **Remain the same:** *The relationship is stable and healthy as it is, requiring acceptance rather than change or reevaluation at this time.*

Use this space below to reflect on the questions above and jot down your answers and insights.

Optional Reflection Prompt:
This relationship has taught me _____ about myself — and moving forward, I choose _____.



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My life coaching services are designed to help you move from inspiration to transformation — not by overwhelming you, but by walking with you as you build discipline, strengthen your mindset, and pursue the purpose God has placed on your life. Whether you're navigating transition, needing structure, craving deeper spiritual growth, or simply tired of doing everything alone, you don't have to figure it out by yourself.



If you're ready to

- *take intentional steps toward your goals,*
- *build habits that actually stick,*
- *strengthen your mindset and resilience,*
- *grow spiritually and emotionally, and*
- *move confidently into the future you've been preparing for...*

I'd be honored to walk along side you!

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