



Aurelia

PSYCHOLOGY

Your Relationship Guide



*A reflective workbook to guide you in your
relationship with your partner.*



How to use this workbook:

We've designed this to guide you inwards, so that you can connect with your innermost wisdom, values, skills in living, and creative thinking. The more you slow down and engage mindfully with each activity, the more you will get out of it. Most importantly – leave your Inner Critic out of it – this isn't a space for perfectionism or judgment. Rather, we encourage you to 'go with the flow', don't over-think it...play with it.

Express yourself freely, uncensored. Artistic ability really doesn't matter here. Better yet, draw things as your much younger child self would have. Go with the gut. Pop the phone on airplane mode and try to give yourself some undistracted time of peace and quiet where possible. Hold Courage, Curiosity and Compassion throughout.

You can use these pages as a guide, and write and draw your responses on your own paper or in your journal. Whether you use your own paper or print the workbook, ideally use coloured drawing materials.

We believe in your...

We believe in your innate human need for connection, your inner wisdom and your natural ability for transformation. We are here to support you to connect with yourself and others more consciously, to access your inner wisdom, and to live a more fulfilling life.

We draw from our collective knowledge of all the years of work with our clients, our own inner work, and psychological research. We create services and content to provide you with readings, exercises, workshops, videos, and more to guide you in the areas of your life that you want to improve.

We will continue to work hard to share Aurelia Psychology with you. Take what you find useful here and leave what's not. Please, be in touch with us to tell us what you find transformational. Also, don't hesitate to get in touch with questions. We would love to hear from you! .

Dr. Ava Ghasemi Holdich

CLINICAL PSYCHOLOGIST

Dr. Ava Ghasemi (Holdich) is a licensed Psychologist with experience in the U.S., Canada and the Middle East. She has a practice of individual and couples therapy at the MapleTree Center.

Matleena Vanhanen

COUNSELLING PSYCHOLOGIST

Matleena Vanhanen is a licensed Counselling Psychologist with experience in Europe and the Middle East. She has a practice of couples and individual therapy at the MapleTree Center.





How to journal mindfully

Your journaling matters.

Is it time to reflect on your love life?

Check out our 'Ask Yourself' questions. You will need a notebook, pen, and a quiet, private and comfortable space. You'll be doing some mindful journaling with us.

Love & Relationships

When you write your answers, be an observer of your thoughts and feelings. No feeling or thought is bad or wrong.

Cultivate acceptance instead of judgement. There is no need for self-censorship. You are laying out your truth for yourself.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.



JOURNALING WITH YOURSELF.

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.



Questions

What is my emotional connection with my partner like?

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Is there something I would like to change in our emotional connectedness?

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YOUR RELATIONSHIP WITH YOUR PARTNER.

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.

RATE HOW YOU ARE CONNECTING WITH YOUR PARTNER EMOTIONALLY.

One being the lowest and five being the highest.

ONE
VERY LOW

TWO
STRUGGLE
TO CONNECT

THREE
GETTING
THERE

FOUR
WE ARE GOING
GREAT!

FIVE
HAPPY DAYS
ONLY!



QUESTIONS

How do I feel about our physical affection?

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And our verbal affection?

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RATE YOUR PHYSICAL AFFECTION.

One being the lowest and five being the highest.

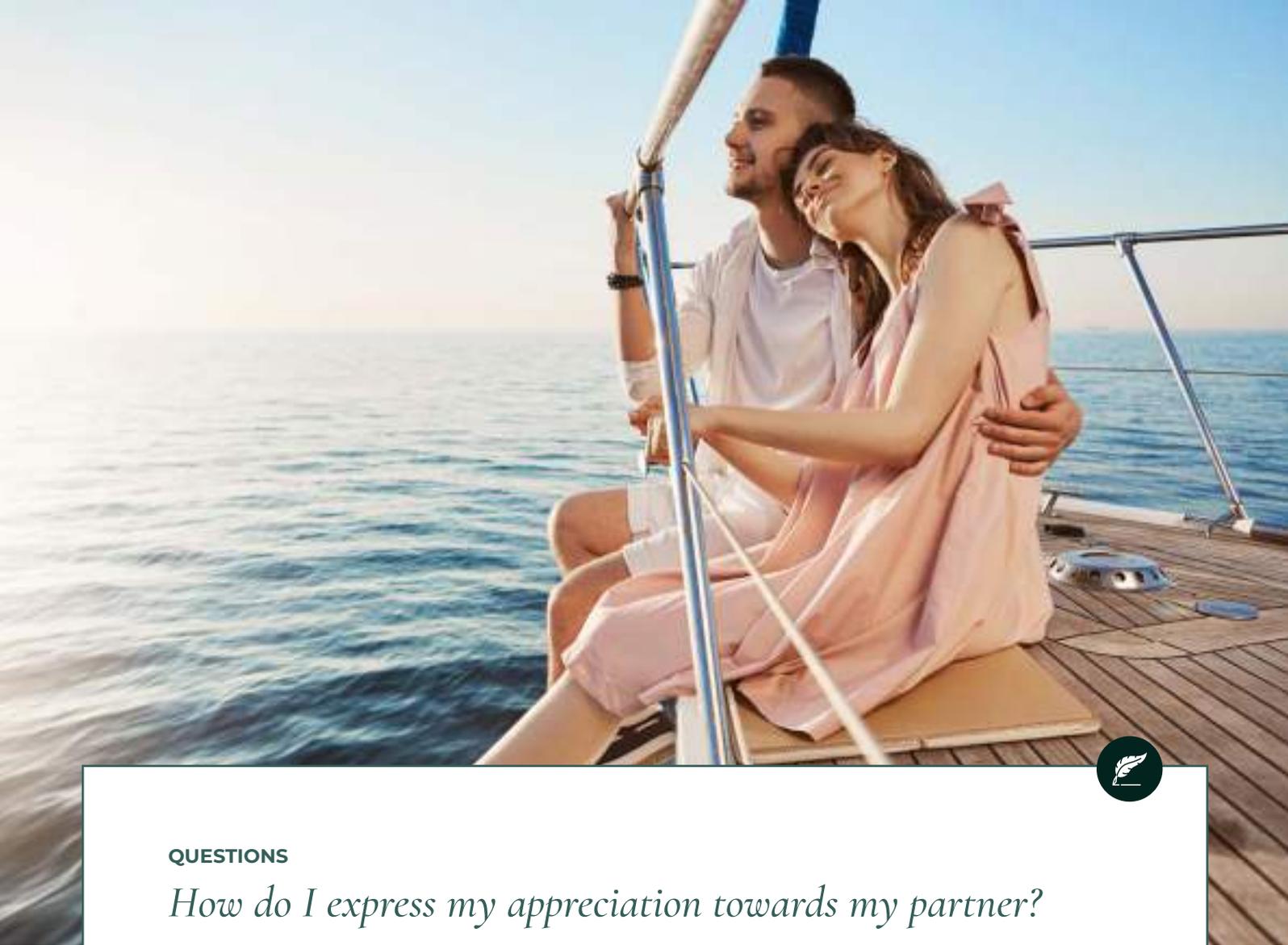
- ONE
VERY LOW** **TWO
TRYING** **THREE
GETTING
THERE** **FOUR
I THINK WE'RE
OKAY** **FIVE
WE ARE SUPER
STARS!**



YOUR AFFECTION EACH DAY!

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.



QUESTIONS

How do I express my appreciation towards my partner?

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.....
.....
.....

Do I feel appreciated by my partner?

.....
.....
.....

RATE YOUR APPRECIATION.

One being the lowest and five being the highest.

- ONE
VERY LOW
- TWO
**TRYING TO
TALK**
- THREE
**GETTING
THERE**
- FOUR
**WE ARE
WORKING HARD**
- FIVE
**WE APPRECIATE
EACH OTHER
ALWAYS**



HOW DO YOU EXPRESS YOUR APPRECIATION?

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.



QUESTIONS

Is respect a problem in our relationship?

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How can I treat my partner with more respect?

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.....

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RATE YOUR APPRECIATION.

One being the lowest and five being the highest.

- ONE
VERY LOW** **TWO
WE ARE
TRYING** **THREE
GETTING
THERE** **FOUR
WE ARE
WORKING HARD** **FIVE
WE ROCK AND
LOVE EACH
OTHER**



HOW DO YOU EXPRESS YOUR RESPECT!

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.



QUESTIONS

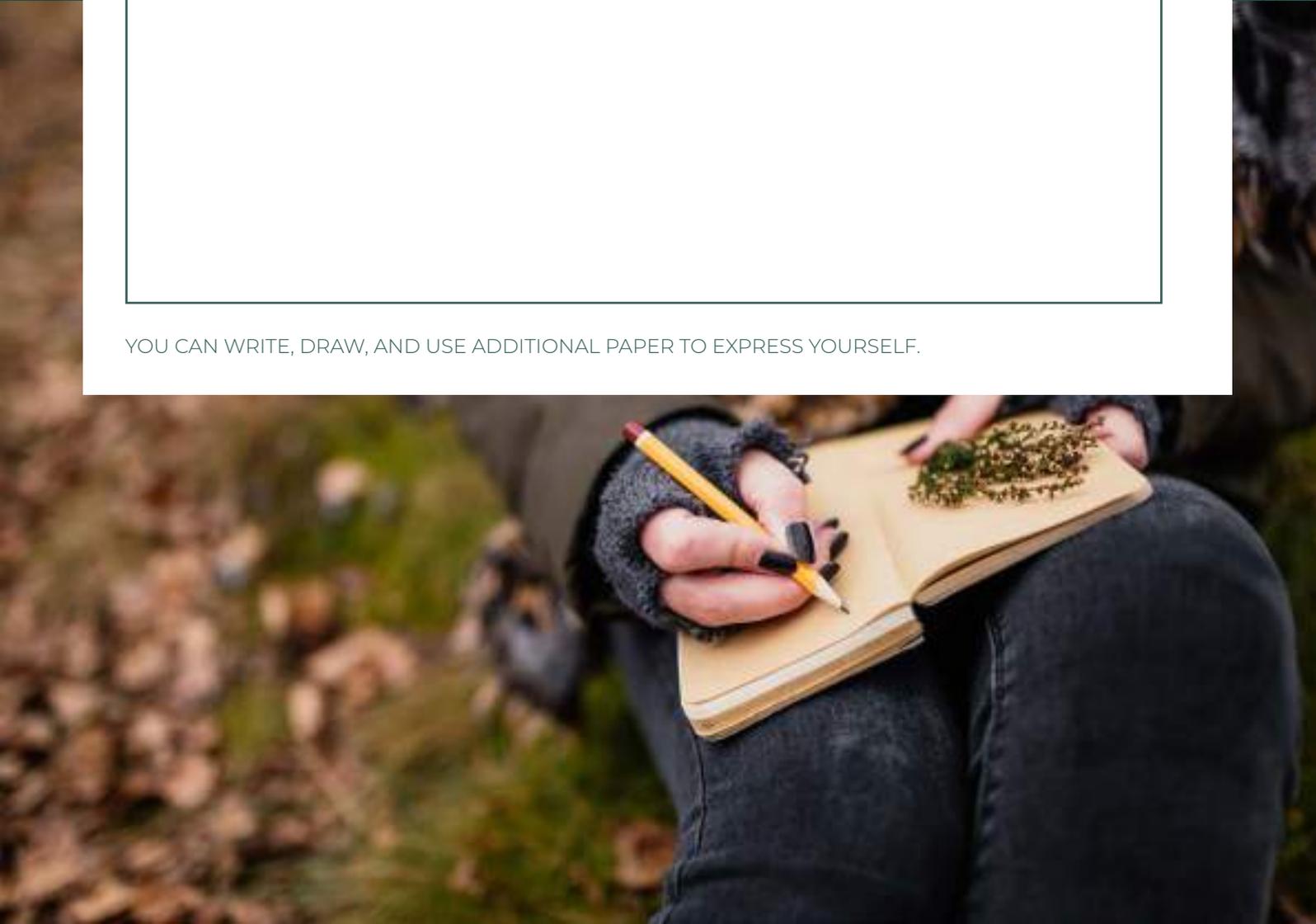
What would I like to change in the way we handle finances?

What are our differences when it comes to money?



“New beginnings can serve as natural touchstones to set new intentions.”

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.





MONEY WISE - YOUR DIFFERENCES.

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.



QUESTIONS

Does our division of household tasks and childcare feel fair to me?

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.....
.....

How are we managing conversations about chores and errands these days?

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.....
.....

RATE YOUR CONVERSATIONS

One being the lowest and five being the highest.

- ONE
VERY LOW
- TWO
TALK ONCE
A DAY
- THREE
GETTING
THERE
- FOUR
WE ARE
WORKING HARD
- FIVE
OSCAR WINNING
COMMUNICATION



COMMUNICATE WITH YOUR PARTNER.

Express yourself freely.

YOU CAN PAINT, DRAW OR EVEN USE PAPER TO EXPRESS YOURSELF.



QUESTIONS

How safe do you feel sharing your emotions with your partner?

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Do you allow yourself to be comforted by your partner?

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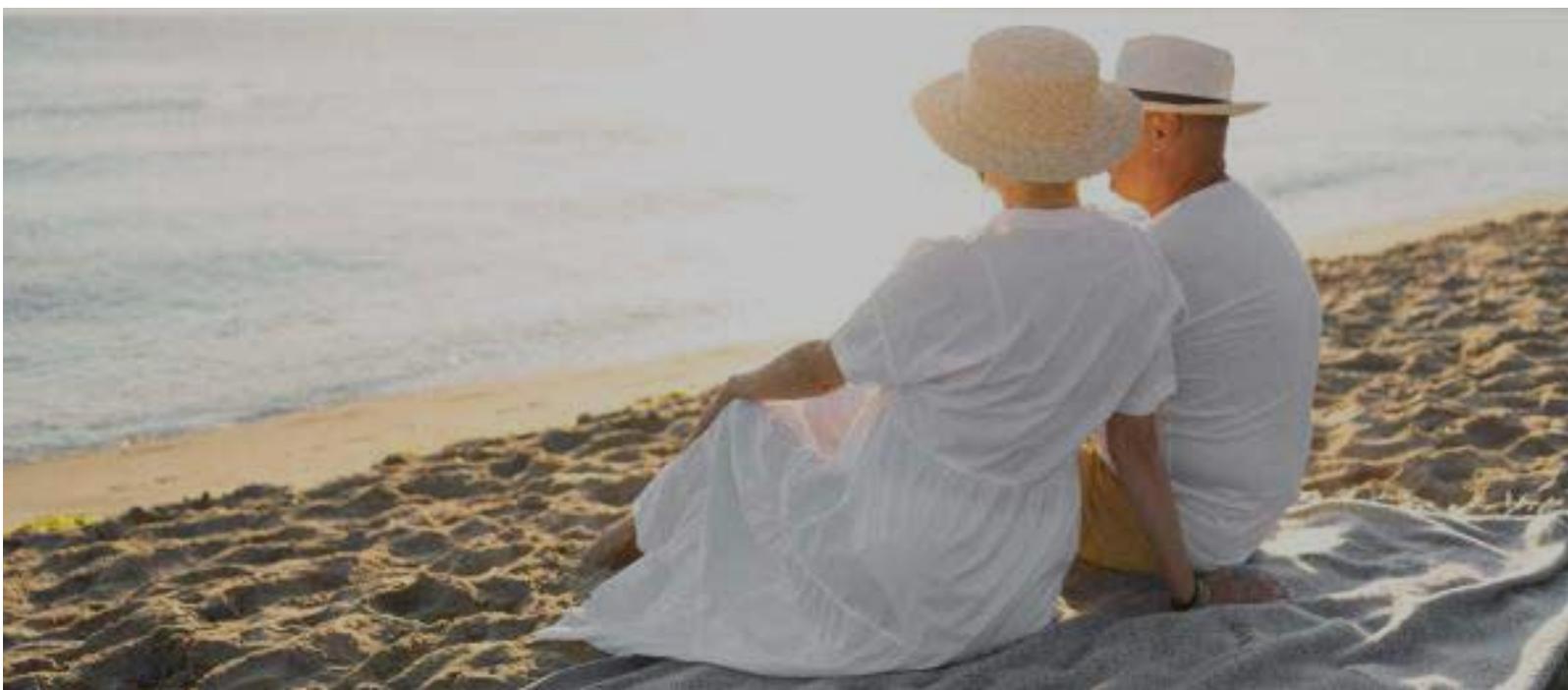
”

Provide each other with safety and comfort. Allow love to nourish and energize you.

Perspectives To Prevent Unnecessary Dating Misery

If you are single you have learned that dating is far from a smooth process. Dating involves heart breaks and misunderstandings. It involves awkward moments and cultural clashes.

Read the Full article @ aureliapsychology.com/love/





WHAT IS YOUR CONNECTION LIKE?

Express yourself freely.

YOU CAN PAINT, DRAW OR EVEN USE PAPER TO EXPRESS YOURSELF.

Your vision for the way forward with your partner.

A vision board is about cutting out or drawing images or text of pretty much anything that inspires, excites, or just resonates with you, and putting it on a piece of paper or a board (the board lasts longer, but ordinary paper is fine). It works so well because it's a way of letting your inner child express themselves. Set a non-judgemental intention and allow the vision to create itself!

When you've finished pasting or drawing images and writing random text, take a step back and allow the final result to speak to you. What does it say? Are there themes emerging?



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YOU CAN PAINT, DRAW OR EVEN USE PAPER TO EXPRESS YOURSELF.



YOUR VISION AND MISSION.

Express yourself freely.

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