



Bond Analysis

Write down a list of everyone you spend your time with, this can be in person or over the phone/skype/Facebook. Take at least 10 minutes of quiet time, shut off all the distractions and write the list below. Any people you spend time with will influence you. Once you have the list write how important they are to you by putting very important, important, somewhat important, or not that important.

| Name | level of importance |
|-------------|----------------------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |
| 7. _____ | _____ |
| 8. _____ | _____ |
| 9. _____ | _____ |
| 10. _____ | _____ |

Once you have your list place their names in the grid below. Take some time to evaluate what type of bond you have with each one. This is very important that you tell the absolute truth, even if they are extremely important to you.

| | |
|--------------|--------------|
| Power Bond | Comfort Bond |
| Control Bond | Guilt Bond |

Once you have your list it is time to do some evaluating. Answer the following questions below.

1. Once you see the people that influence you placed in the grid what have you noticed?
2. Do you have some Bonds that might be taking you away from your goals or sabotaging your success?
3. Is it possible to renegotiate your relationship agreement with any of the Comfort, Control or guilt bonds?
4. If you cannot renegotiate the relationship what are you going to do, spend less time with them, end the relationship or have a power bond help you limit the affect they have on you? This is the hardest question of them all!
5. If you have current power bonds can you spend more time with them?
6. If you do not have enough power bonds, what is your plan to get some?