Relationship Coherence / Gratitude Unsaid

Use the Formula's self-report alongside the Chapter 10 gratitude practice.

Name one person who is still alive and in your life

What did they change in you?

What have you never said to them? Write the specific thing.

If you want a Formula check-in, score the Relationships domain.

E (1-5)	B (1-10)	T (1-10)	I (1-10)	C

Will I send it, say it, or let it exist on the paper for now?

One sentence about what it felt like to write it