

FWB Clarity

Clarity before chemistry.

15 Questions to Get Clear About Your Friends-with-Benefits Situation

Use these questions to separate facts from assumptions, identify what you actually want, and decide what conversation or boundary may need to happen next. There are no right answers.

1. What is the relationship actually like right now, based only on what has happened—not what you hope will happen?

2. What has the other person explicitly said they want from this relationship?

3. What do you want from this relationship right now?

4. If nothing changed for the next three months, how would you honestly feel about that?

5. What feelings have you developed, if any?

6. Which parts of the situation feel good, and which parts leave you confused, anxious, disappointed, or frustrated?

7. Are you accepting less than you want because you are hoping the relationship will eventually change?

8. What expectations have you communicated clearly—and what expectations have you only assumed?

9. What boundaries do you need in order to feel respected and comfortable?

10. What behavior from the other person is confusing you, and what observable facts are behind that confusion?

11. If the other person told you they do not want a romantic relationship, what would you need to decide for yourself?

12. What would staying in the current arrangement cost you emotionally, socially, or practically?

13. What would you need to hear or see to consider the relationship compatible with what you want?

14. What conversation are you avoiding because you are worried about the answer?

15. What is one clear action you can take next that protects your needs without trying to control the other person's choice?

Your Clarity Check

What do I know? _____

What do I want? _____

What boundary do I need? _____

What is my next intentional step? _____

FWB Clarity provides coaching and educational guidance. It is not psychotherapy, medical care, legal advice, or crisis counseling.
This worksheet is for adults 18+ and is intended for personal reflection.

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