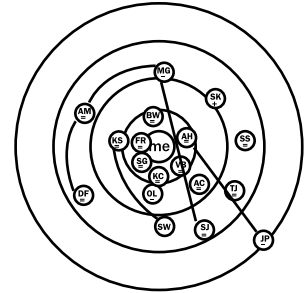


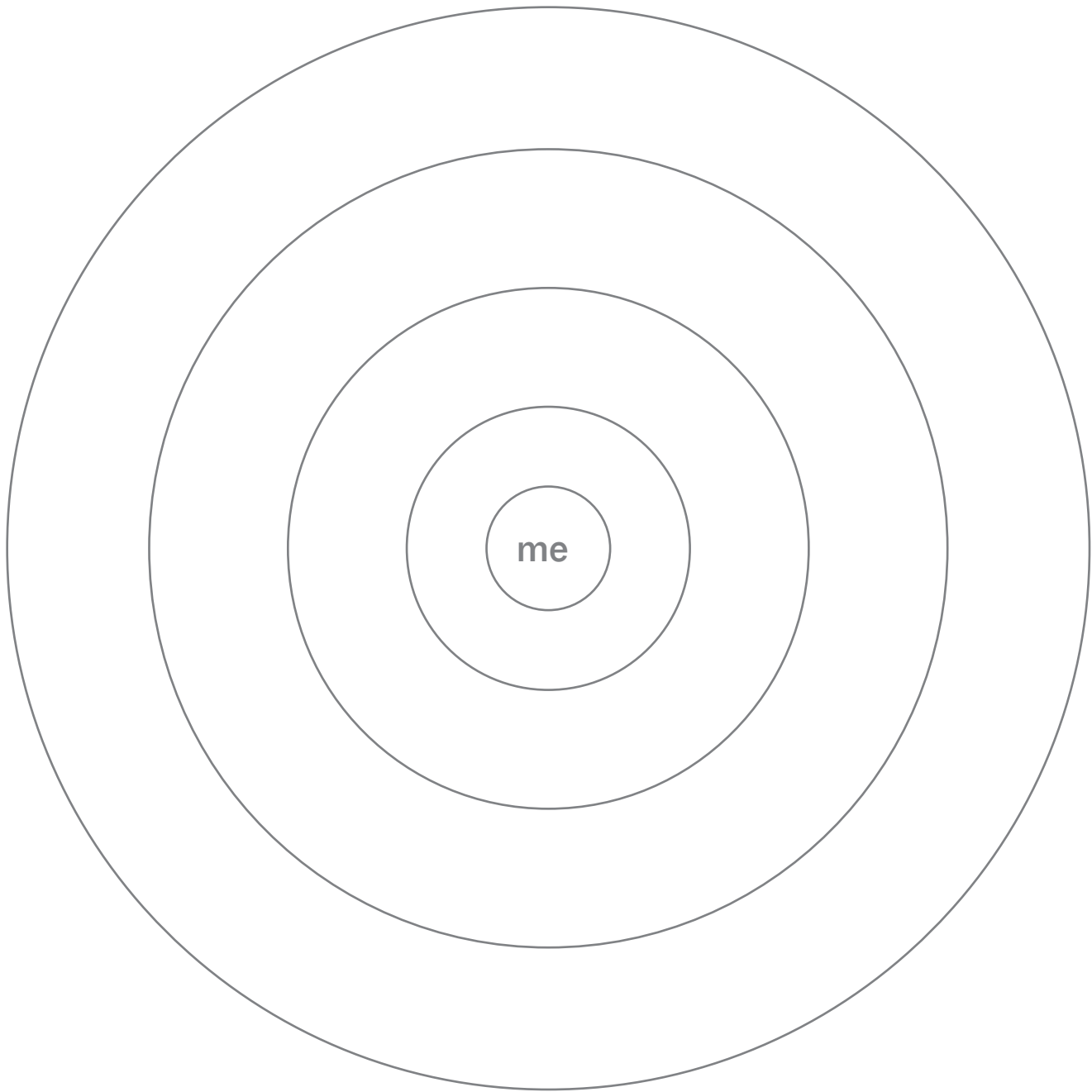
my key relationships

example

1. What are the most significant people, relationships and networks in your life? On your map draw circles to indicate how close each is to you in terms of importance to you. Label each.
2. If any of your people relationships or networks are also linked or connected to each others, draw lines between them.
3. In each circle indicate your current satisfaction with the relationship.



- = satisfied
- takes more than it gives
- + gives more than it takes



my key relationships

Instructions: Enter the names of people whose relationships you would consider most significant. For each relationship, answer the four questions in the far left column. Then, complete the following questions by reflecting on what you value in your relationships and how satisfying those relationships are.

	Name <i>Shelley</i>	
What I need that I often get	<i>Help thinking through problems; fun companionship</i>	
What I need that I seldom get	<i>Feedback about the choices/decisions that affect her</i>	
What I get that I seldom need	<i>Too many details about her daily schedule</i>	

	Name	Name	Name	Name
What I need that I often get				
What I need that I seldom get				
What I get that I seldom need				
What I give				

