

Exploring Relationships



Part 1: Relationship Circle

Directions: In the circles provided, NAME the people in your life that apply for each category.

Part 2: Emotional Components of Relationships

Directions: For each of the relationship types, record the emotional components these “people” add to your life (support) or take away from you (hinder).

Relationship Type	Emotional Component they support or hinder
Intimates	
Friends	
Acquaintances	
“Frienemies”	

Part 3: Reflection BCR

Directions: Respond to the BCR

What is the most stressful component(s) of relationships in your life? What would be healthy ways for you to go about lessening that stress?

*For the remainder of the activities, please utilize the Exploring Relationship PowerPoint to provide necessary information and directions.

Part 4: RANKING IT!

Slide 2 provides an interactive spinning wheel. Spin the Wheel 7 times to identify 7 different relationship characteristics. Then reflect on each selected characteristic. Next, place each characteristic as you feel fit (crucial, important, or not necessary) and include an explanation of why you included in characteristics in the corresponding category. Each time you spin the wheel, place the named characteristic in any of the 3 provided columns in the chart and provide your explanation.

<u>Crucial</u> (Must be included in a healthy relationship)	<u>Important</u> (Good to have, BUT not essential)	<u>Not Necessary</u> (Not needed for a healthy relationship)

Part 5: Reflection BCR

Directions: Complete the BCR prompt in the space provided below.

Which characteristic, from the seven that were selected by the wheel, do you feel is most important for you within a relationship. Please explain why and include detail in your response.

Please respond here...

Part 6: Important Characteristics of Relationships

Using the relationship characteristics you listed in the chart from Part 4, now categorize each characteristic in the “type of relationship” you feel it best applies. You may put some characteristics into multiple relationships categories.

Type of Relationship	Relationship Characteristics
Family	
Friend	
Trusted Adult	
Romantic	