

RELATIONSHIP WORKSHEET



We love the iceberg metaphor because most people can relate to the fact that they often never look below the waterline. Take some time to look at your current status of your relationships. Which relationships are thriving? Which have become more distant? Which have become inadvertently totally distant? Reflect back on your life and your various relationships. If you are having a hard time take a look back at your photos or social media feeds to help remind you. Take time to think about what you brought these relationships together, what you valued and enjoyed about them, and what you miss about them.

List these relationships below:

List 5 relationships that are easy:

<u>Person</u>	<u>What you enjoy/value in this relationship</u>
1.	
2.	
3.	
4.	
5.	

List 5 relationships you value, but have become distant:

<u>Person</u>	<u>What you enjoy/value in this relationship</u>
1.	
2.	
3.	
4.	
5.	

List 5 relationships that are totally distant, but you would want to reconnect with:

<u>Person</u>	<u>What you enjoy/value in this relationship</u>
1.	
2.	
3.	
4.	
5.	

The next assignment will be putting a plan in place to reach out to people you want to build a deeper relationship with over the course of the next month.