

Relationship Landscape

We were not necessarily taught the best ways to have relationships. We must develop our relationships if we want to live a connected life. We do not often spend a lot of time reviewing and growing our actual relational skills and deficiencies. This worksheet will help you with that. More importantly, it will help you identify actual steps you can take to improve your relationships.

NOTE: When it mentions “Higher Power” this does not have to be God. It does not have to have anything to do with religion. That said, if you would rather not respond to that particular question, please skip it.

Relationship Assessment

In the area below please write out two strengths and two areas of improvement for each of the four categories: Men, Women, Self, and Higher Power. Some of how you answer these questions may be influenced by how you identify sexually. Take some time to think about your answers. Dig a little. There are no right answers but there are easy answers.

For instance, if you are a male who identifies as heterosexual, for the category of men you might say something like what is below. Of course, this could be the very same for a gay man or a man who doesn't identify as heterosexual. However, when one brings sexual and romantic interactions into consideration, the possibilities for responses often changes.

Strengths: I connect well; funny and able to connect; am sensitive to what men might be feeling inside without their being able to share it; watch the common sports so can engage that way in small talk

Areas of Improvement: struggle with being afraid of men before I know them; hold back in my closest relationships; don't like loud or men that I perceive to be angry; don't trust older men; gets feelings hurt easily

Strengths - Men	Areas of Improvement – Men
Strengths - Women	Areas of Improvement – Women
Strengths - Self	Areas of Improvement – Self

Strengths – Higher Power	Areas of Improvement – Higher Power

Reflection on Relationships

Self

1. What are three positive ideas you learned about *yourself* growing up?

a. _____

b. _____

c. _____

2. What are three negative ideas you learned about *yourself* growing up?

a. _____

b. _____

c. _____

Men

1. What are three positive ideas you learned about *men* growing up?

a. _____

b. _____

c. _____

2. What are three negative ideas you learned about **men** growing up?

a. _____

b. _____

c. _____

Women

1. What are three positive ideas you learned about **women** growing up?

a. _____

b. _____

c. _____

2. What are three negative ideas you learned about **women** growing up?

a. _____

b. _____

c. _____

God/Higher Power

1. What are three positive ideas you learned about **God/HP** growing up?

a. _____

b. _____

c. _____

2. What are three negative ideas you learned about **God/HP** growing up?

a. _____

b. _____

c. _____

INTO ACTION

Self

3. What are three positive actions you can take to improve your relationship with *yourself*?

a. _____

b. _____

c. _____

Men

4. What are three positive actions you can take to improve your relationships with *men*?

a. _____

b. _____

c. _____

Women

3. What are three positive actions you can take to improve your relationships with *women*?

a. _____

b. _____

c. _____

God/HP

1. What are three positive actions you can take to improve your relationships with **God/HP**?

a. _____

b. _____

c. _____
