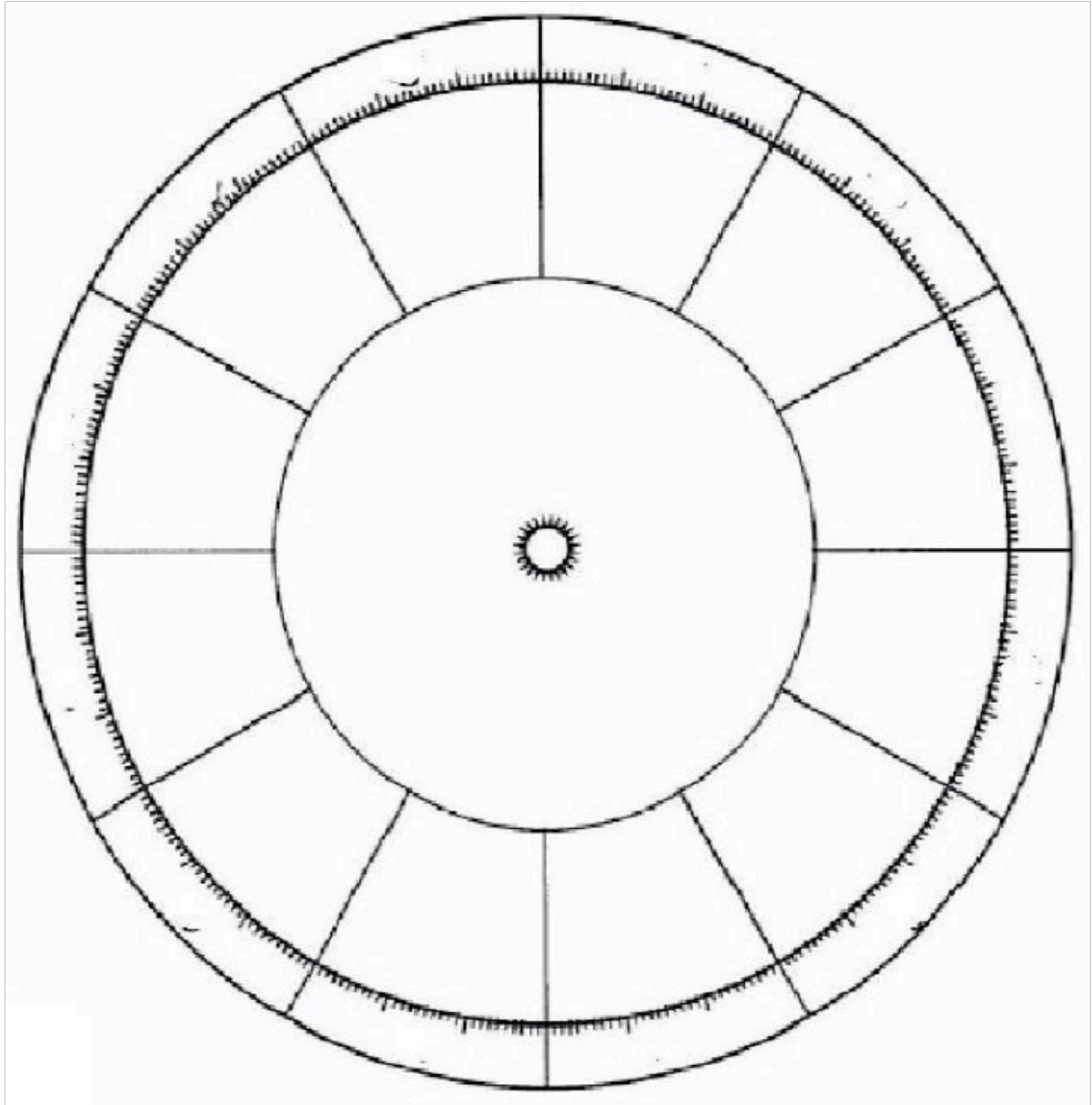


RELATIONSHIPS



WELLNESS INVENTORY



Your Relationship Attachments Inventory

Every relationship serves a different purpose in our life.

We all have a variety of attachments: Parents, siblings, spouse, children, extended family, close friends, casual friends, community, work colleagues, neighbors,

Who do you 'do life' with?

Who are the closest five relationship attachments in your life?

(Enter these into the center circle of the Relationships Wellness Inventory wheel)

- 1.
- 2.
- 3.
- 4.
- 5.

Who are your closest family attachments? (center circle)

Data from the University of Chicago's National Opinion Research Center reveal that people with five or more close friends (excluding family) are 50 percent more likely to describe themselves as 'very happy'.

Who are your closest friends? (that would be in the center circle)

- 1.
- 2.
- 3.
- 4.
- 5.

Others

Who are you connected with in community? (middle slots of the circle)

Who are your other connections - through work, school, neighborhood, professional, church? (middle and outer circle)

Who would you like to develop a relationship attachment with?

- 1.
- 2.
- 3.
- 4.
- 5.

Does it seem like you have too few, too many, the right kind, or a good amount of relationships to help you flourish? Explain

As you reflect on the qualities of love and your relationships ask yourself:

Who do I want to become in this relationship?

Make note of your response next to each name.

We all have some people that tend to nourish and fill us and some that tend to be more of a drain. List the relationships that fill you and those that drain you.

Relationships that fill me

Relationships that drain me