

## Reflecting on Relationships Worksheet

*Please fill in as many blanks as you can with the names of people who did these things for and with you when you were young.*

1. Who really paid attention to you when you were together? \_\_\_\_\_
2. Who let you know that they liked being with you and felt positively about you? \_\_\_\_\_
3. Who committed time and energy to doing things for and with you? \_\_\_\_\_
4. Who made it a priority to understand who you were and what you cared about? \_\_\_\_\_
5. Who was someone you could count on and trust? \_\_\_\_\_
6. Who helped you see future possibilities for yourself? \_\_\_\_\_
7. Who made it clear that they wanted you to live up to your potential? \_\_\_\_\_
8. Who recognized your thoughts and abilities while also pushing you to strengthen them? \_\_\_\_\_
9. Who held you accountable for appropriate boundaries and rules? \_\_\_\_\_
10. Who praised your efforts and achievements? \_\_\_\_\_
11. Who provided practical assistance and feedback to help you learn? \_\_\_\_\_
12. Who was an example you could learn from and admire? \_\_\_\_\_
13. Who stood up for you when you needed it? \_\_\_\_\_
14. Who took you seriously and treated you fairly? \_\_\_\_\_
15. Who asked for your opinions and considered them when making decisions? \_\_\_\_\_
16. Who understood and adjusted to your needs, interests and abilities? \_\_\_\_\_
17. Who worked with you to accomplish goals and solve problems? \_\_\_\_\_
18. Who exposed you to new ideas, experiences, and places? \_\_\_\_\_
19. Who introduced you to people who could help you grow? \_\_\_\_\_
20. Who helped you work through barriers that could stop you from achieving your goals? \_\_\_\_\_

The Developmental Relationships Framework	
<p><b>Express CARE</b></p> <p>Show that you like me and want the best for me.</p> <p><i>Numbers 1-5</i></p>	<ul style="list-style-type: none"> <li>• Be present – Pay attention when you are with me.</li> <li>• Be Warm – Let me know that you like being with me and express positive feelings toward me.</li> <li>• Invest – Commit time and energy to doing things for and with me.</li> <li>• Show Interest – Make it a priority to understand who I am and what I care about.</li> <li>• Be Dependable – Be someone I can count on and trust.</li> </ul>
<p><b>CHALLENGE Growth</b></p> <p>Insist that I try to continuously improve.</p> <p><i>Numbers 6-9</i></p>	<ul style="list-style-type: none"> <li>• Inspire – Help me see future possibilities for myself.</li> <li>• Expect – Make it clear that you want me to live up to my potential.</li> <li>• Stretch – Recognize my thoughts and abilities while also pushing me to strengthen them.</li> <li>• Limit – Hold me accountable for appropriate boundaries and rules.</li> </ul>
<p><b>Provide SUPPORT</b></p> <p>Help me complete tasks and achieve goals.</p> <p><i>Numbers 10-13</i></p>	<ul style="list-style-type: none"> <li>• Encourage – Praise my efforts and achievements.</li> <li>• Guide – Provide practical assistance and feedback to help me learn.</li> <li>• Model – Be an example I can learn from and admire.</li> <li>• Advocate – Stand up for me when I need it.</li> </ul>
<p><b>Share POWER</b></p> <p>Hear my voice and let me share in making decisions.</p> <p><i>Numbers 14-17</i></p>	<ul style="list-style-type: none"> <li>• Respect – Take me seriously and treat me fairly.</li> <li>• Give Voice – Ask for and listen to my opinions and consider them when you make decisions.</li> <li>• Respond – Understand and adjust to my needs, interests, and abilities.</li> <li>• Collaborate – Work with me to accomplish goals and solve problems.</li> </ul>
<p><b>Expand POSSIBILITIES</b></p> <p>Expand my horizons and connect me to opportunities.</p> <p><i>Numbers 18-20</i></p>	<ul style="list-style-type: none"> <li>• Explore – Expose me to new ideas, experiences, and places.</li> <li>• Connect – Introduce me to people who can help me grow.</li> <li>• Navigate – Help me work through barriers that could stop me from achieving my goals.</li> </ul>