

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