

## Personal Development – Relationships & me.

Let's look at you & how you view yourself. Complete the table below.

	Yes	Sometimes	No
I find it easy to make new friends.			
I am good at talking to people.			
I am useless at knowing what to say to people.			
I like making people laugh.			
I am a good listener.			
I cannot deal with conflict – I stay out of it.			
I cannot deal with conflict – I get angry.			
You can trust me – I am very reliable.			
I am good at making decisions.			
I am not lonely			
I have lots of friends.			
I am useless at chatting someone up.			
I can keep a secret.			
I find it difficult to tell how someone is feeling.			
I like sharing my things with other people.			
I like to be on my own a lot of time.			
I don't trust many people.			

There are different kinds of relationships – friends, intimate, family & professional

**Friends**

**Intimate**

**Family**

**Professional**

You may notice that some of these relationships may overlap with the same name in different boxes. However some relationships cannot overlap. Discuss & complete below.

**Relationships that can't overlap**

**Relationships that could overlap**

## Personal Development – Circle of Friends

We all have friends, but some closer than others. Many people have one or two best friends. These are the ones you confide in. In the inner circle write the names of your best friends. Next you usually have a group of close friends whom you see regularly. These people also know a lot about you & you probably find it easy to open up to this group. Next there are acquaintances in life. These people we enjoy being around but may not open up as much to them or see them as often. Finally the outer circle are for those relationships you have with professionals & other acquaintances. Complete The Circle of Friends below following the key listed, colour co-ordinate into the categories friends, family, intimate, & professional.

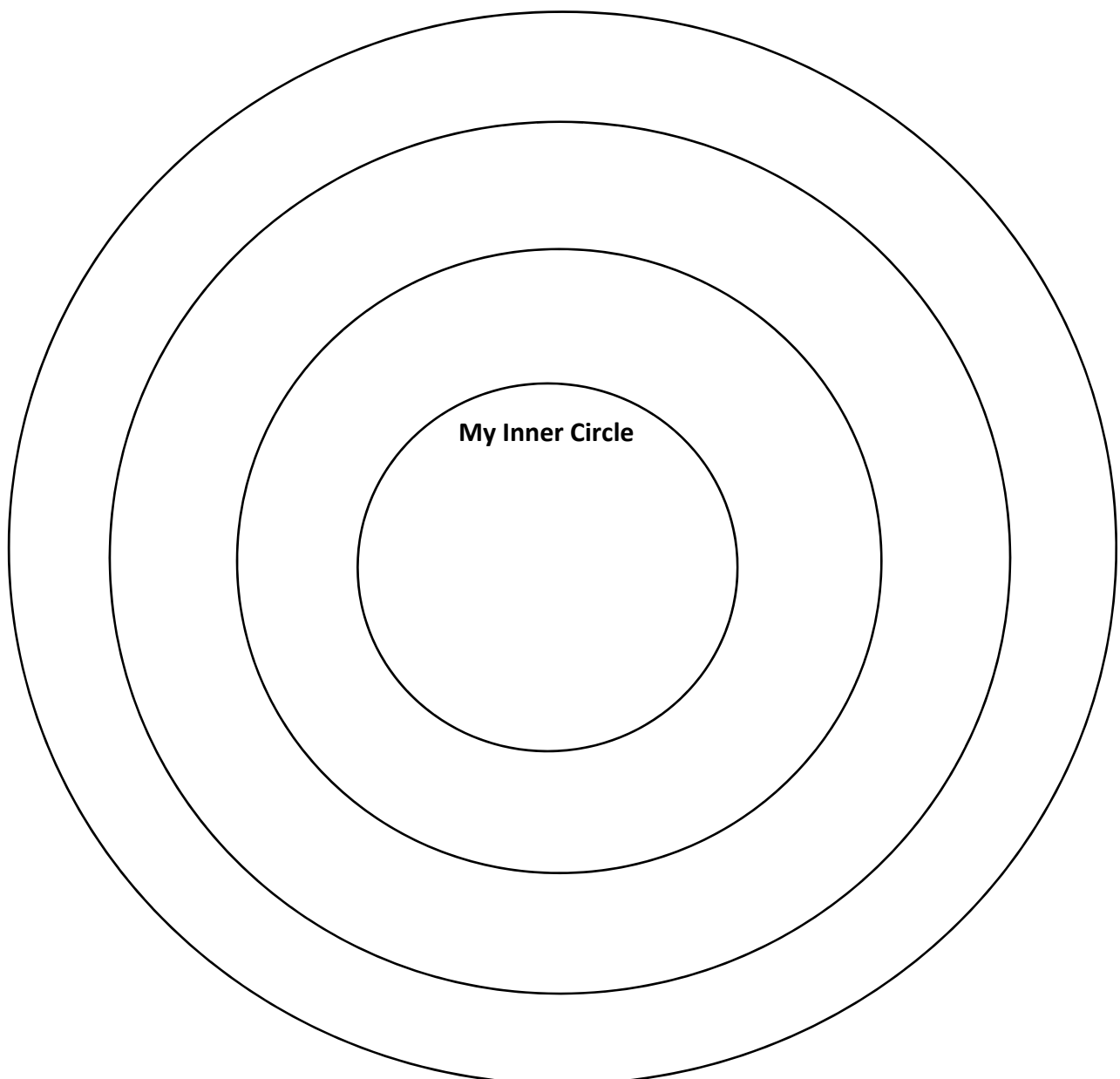
The Inner Circle – is for intimate relationships & best friends

The Second Circle – is for close friends & close family.

The Third Circle – is for other friends, work colleagues, some relatives.

The Outer Circle – is for professional relationships & other acquaintances

Friends ☐ Intimate ☐ Family ☐ Professional ☐



## Qualities of a good friend.

<b>Qualities</b>	<b>Very important</b>	<b>Quite important</b>	<b>Not important</b>
Good fun			
kind			
Good-looking			
Thoughtful			
Helpful			
Generous			
Buy me things			
Trustworthy			
Dresses smart			
Rich			
Loyal			
Doesn't make fun of me			
Cheerful			
Same interests			
Easy- going			
Good listener			
Interesting			
Patient			

\_\_\_\_\_ is a good friend because...

I am a good friend because...

Could you be a better friend? List below what you could do to be better & list three self-targets

*Who:*

*How I could be better:*

- 1.
- 2.
- 3.

