

Improving relationships

Friends, Family, Siblings, Partners

My relationship with:

Write down the good qualities of the person you want to have a better relationship with:

What makes you happy when you are with them:

What activities make you happy when you are together:

What is your best form of communication:

What would you need to do to help you best communicate with that person?

Rank the following qualities from 1-10 within the relationship:

Trust

Communication

Friendship

Support

Independence

Respect

Forgiveness

Affection

Love

How could these rankings improve:

What changes would you make to improve your relationship with this person?

Next steps:

Plan what you would like to say to this person the next time you see them.

