



## Relationship Strengths

AN INTRICATE WEB OF RELATIONSHIPS CONNECTS EACH OF US *to others*. *Each relationship is different, yet we all have innate strengths to contribute to our relationships to make them more effective and rewarding. These are Relationship Strengths. Here is one activity you can do to begin to develop your relationship strengths.*

### THINKING ABOUT RELATIONSHIPS WITH FRIENDS

Make a list of five activities that you do with your friends. Put a mark next to the one you like doing the most. Write down why you like doing that activity. How does it make you feel? Why do you think that is?

Fill in this blank: When I am with my friends, I am always one who..., and this makes me feel good.

Describe in detail a time you were involved in an activity with a friend and you felt good about something you contributed to the interaction.

Underline the words in the description you just wrote that make you feel the strongest. You will just underline single words.

Think of something a friend of yours enjoys doing that you don't. Write down why you think your friend enjoys the activity.

What does he or she get out of it? Why do you think you don't like doing it?

These kinds of questions will lead you to begin thinking about your relationship strengths. For more activities and insights that will lead you to relationship strength epiphanies read *Your Child's Strengths: Discover Them, Develop Them, Use Them*.