



B People in My Web of Relationships (Journey)

What Can I Do? Capturing My Thoughts

There are a surprising number of potential relationships that you can have. The key is to identify them and work to develop the relationships. For example, in your web, which relationships now exist and which could you develop? Some will be in what you can call your “inner circle” - those closest to you - and some will be in your “outer circle.” Identify who is currently in your “inner circle” and who is in your “outer circle.” This is a starter list, so add, delete, move people around - make it fit for you.

1. For each person or group identify how strong or weak the relationship is. Don't worry if you think that a lot of the relationships are weaker than you want them to be. That is sometimes the case for most people and it just means that you have some work to do - and will probably need to persevere to get the web of relationships you want.
2. Determine which relationships you want to strengthen or those that you would like to establish. For those relationships, determine 2-3 actions you can take to start down the path to the relationship you want. Remember that relationships take work to establish and work to maintain.

You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes.”

A. Milne, Winnie the Pooh

Inner Circle	Current (Strong, OK, or Weak)	Can Develop (New or Strengthen)
Parents		
Siblings		
Friends		
Peers		
Boyfriend/Girlfriend		



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Outer Circle	Current (Strong, OK, or Weak)	Can Develop (New or Strengthen)
Extended family		
Teachers		
Coaches		
Mentors		
Team/Club members		
Neighbors		
Community organizations		
Faith community		
Counselors		
Co-workers		
Bosses		
Justice system staff		



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