

◇ Chapter 5
Roles and Relationships

Relationship Skills

VITAL RELATIONSHIPS

Relationships are a vital part of all our lives. Positive relationships are those that perform the important functions of meeting our emotional needs, enriching our lives, and helping us accomplish things.

Directions: In the first column of the chart below, list ten people with whom you have relationships (e.g., family members, friends, casual acquaintances). Then fill in the columns to tell how each of these people meets the important relationship functions in your life.

POSITIVE RELATIONSHIPS			
Person/ Relationship:	Helps Meet My Emotional Needs By:	Enriches My Life By:	Helps Me Accomplish Things Like:

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(Continued on next page)

Thinking About Relationships

Directions: As you answer these questions, think about the people whom you listed in the chart on the previous page.

1. How do you meet the emotional needs of people you are close to?

2. How do you enrich the lives of the people on your list?

3. What types of things do you do to help people on your list with their accomplishments?

4. With which person on your list do you have the most rapport? Explain.

5. With which person on your list do you share the most interests? Explain.
