RELATE & REFLECT
Read the steps below and view the examples, then fill in a few examples pertaining to you. Need help getting started? Use one of these CHARACTERISTICS and ACTION PLAN TIPS.

CHARACTERISTICS
- good listener
- patient
- shy
- funny
- doing you
- cares about friends
- cares about family
- care about religion
- compassionate
- avoids dealing with conflict
- chill
- committed
- trustworthy
- dramatic

ACTION PLAN TIPS
- Reflect on how I deal with my emotions
- Write down my action plan and put it where I can see it
- Be open to feedback from others
- Reflect on how I deal with conflict
- Communicate my boundaries
- Not punish myself if I mess up
- Understand my own boundaries

THIS WEEK
- Fill journal 3 times this week

STEP 7
- How can you integrate these steps this week?

ACTION PLAN
- Journal to discover how to learn to trust

STEP 6
- What steps can you take to help you change?

LESSONS
- Trusting might be helpful

STEP 5
- What can you take away/learn from this information?
- What needs to be done differently?

IMPACT
- Missed opportunities

STEP 4
- Knowing how your characteristics can sometimes negatively impact your friends or yourself

CHALLENGE
- Drama

STEP 3
- What are the challenges?

BENEFIT
- Staying safe

STEP 2
- What are benefits of this characteristic?

CHARACTERISTIC
- Not trusting

STEP 1
- Think of your past or current relationship (or friendship).
- What are the two characteristics that stood out to you or something that you noticed about yourself while in that relationship?