

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.

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

I'll 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?

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