

WHO ARE YOU IN THE RELATIONSHIP?

You play a different role in all of the relationships you have. With your friends, you may social, and outgoing. However, when at home with your siblings you may be more reserved and independent. It is important to know who you are in a relationship.

This skill is called insight or self-awareness. Having insight into who you are in a relationship allows you to better communicate your needs, boundaries, and what you want out of the relationship. Insight is a hard skill to learn. It requires us to reflect on our thoughts, feelings, and actions in order to make sense of how they all work together.

Having insight, or self-awareness often can make us feel uncomfortable as it requires us to acknowledge the parts of our behavior we are not proud of. Do you get jealous easily? Are you afraid of people not liking you? Do you feel as if you are better than most of your friends?

As uncomfortable as we may be when facing some of these feelings, identifying them allows us to pay attention to how we act on them. Do you lash out at friends when you feel jealous that they hung out with someone without you?

Do you agree to do things you don't want to do to get approval from others? Do you constantly talk about your accomplishments and forget to ask others about theirs?

Often, when we find ourselves in poor relationships we place the blame onto others. It is easier to say that someone is a bad friend, parent or boy/girlfriend, rather than admitting that we may be part of the problem. But relationships are a two way street, and it takes two people to make a relationship work.

Having insight into who we are, what we want, and how we act within our relationships allows us to create healthy relationships. Being able to identify your strengths and weaknesses in relationships gives you the ability to express what you are feeling.

Instead of fighting your friend for not inviting you, you can say, "I get jealous when you hang out with our friends without me, because it makes me feel as if you don't want me around". Being able to communicate our feelings starts with being able to recognize them.

Use the following worksheet to reflect on different relationships in your life, and who you are in each of them.

In each of the boxes below, pick a person that fits in each category, and reflect on your relationship with that person. Write down 3 strengths you have in the relationship, and 3 weaknesses.

FAMILY

FRIEND

SIGNIFICANT OTHER

PROFESSIONAL

Example: My strengths are: kind, open minded and stubborn. My weaknesses are I am passive aggressive, insecure and easily offended.

Using the 3 strengths and 3 weaknesses you you identified above, choose 2 of each and identify how you act on those strengths and weaknesses within each relationship.

FAMILY

FRIEND

SIGNIFICANT OTHER

PROFESSIONAL

Example: I am stubborn and it lets me hold my ground when it comes to peer pressure from friends. I am passive aggressive and I don't tell my friends when I am upset, I expect them to just know what they did wrong.

Using the 3 strengths and weaknesses, as well as the 2 behaviors for each that you identified above to write 1 goal you have for each relationship. Goals can center around a strength, or a weakness as long as it aims to strengthen the relationship.

FAMILY

FRIEND

SIGNIFICANT OTHER

PROFESSIONAL

Example: I will recognize when I am upset, and instead of being passive aggressive, I will tell my friend what upset me.