

Relationship Sphere Life Goals Worksheet

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It is my observation that there are 5 Reasons that prompt people into Relationships/Friendships.

1. Human need for companionship
2. Shared interests or common cause
3. Romance
4. Career focus – to advance or start a career or job
5. Manipulation – for selfish, one-sided benefits

Friendship, like Love, is a choice.

Qualities of a True Friend

- Respect – mutual, both directions
- Trust
- Honesty
- Acceptance – of individuality, of differences
- Communication – open, as equals
- Self-control – emotional and physical
- Value - places value on your personal goals

Look at Myself as a friend.

What are my work duties, skills, knowledge base?

Work

Skills

I know a lot about

What are my hobbies, interests, recreations, ways that I spend free time?

Hobbies

Interests

Recreation

Free time

What friend values do I offer?

For what reasons would someone choose me as a friend?

What I bring to a friendship

Do I make a Good Friend?

Look at my friends.

List my Top Ten Friends	My Reason for Friendship	Mutual/ One-sided
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____

Friend _____

Respect – mutual, both directions	-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5
Trust	-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5
Honesty	-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5
Acceptance – of individuality, of differences	-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5
Communication – open, as equals	-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5
Self-control – emotional and physical	-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5
Values your personal goals	-5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5

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Further Assignment

Work on friendships that seem to be One-Sided.

Friends that are getting more from me than giving to me

Friends that are giving more to me than getting from me

I Will Choose Healthy Relationships.

I Will Be a True Friend.