

BUILDING RELATIONSHIPS

Complete the following exercise.

1. Who are the people you trust? (Circle and fill in name)

Mom Teacher _____ Friend _____
Dad Grandparent _____ Brother/sister _____

2. Of all the people listed, who do you *trust the most*? _____

How much do you trust them? (Circle)

A little It depends Somewhat Quite a bit A whole lot

3. What makes you trust that person?

4. Who do you *feel closest to*? (Circle and fill in name)

Mom Teacher _____ Friend _____
Dad Grandparent _____ Brother/sister _____

5. How much do you share with them about yourself (feelings, thoughts, dreams, and past)?

Very little Little Some Quite a bit A whole lot

6. When someone special hugs me or sits close to me, I feel.... (circle)

Great Good Okay A little uncomfortable Unsure

7. Which two things from the following list would you like most to have a special person do either with you or for you? (Circle)

Read to me	Take a walk with me
Buy me something I want	Talk just with me
Fix my hair or nails	Hug me
Compliment me	Play catch

8. Circle two things from the following list that you would like to hear from a person you trust and who is special to you.

You're likeable	You're safe here	You're needed/important
You're a good person	There's hope	You have great abilities
We love you	It's not your fault	We will always be here for you