

By

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Relationship circle

This helps clarify your relationships with the people in your life.

It can be as simple as just writing the names of those you have a significant relationship with and drawing a line representing the depth of the relationship, or you can put in as much meaning as you wish.

Exercise:

- Draw a circle
- Write your name in the middle
- Around the circle draw lines going outwards, and write the names of people you want to explore your relationships with: partner, ex's, children, parents, caregivers, siblings, grandparents, friends, in-laws, work colleagues and so on... They can be present or past, alive or dead. Longer lines for those you have a lot more to write about!

Once you have finished completing that part of your circle:

- Go around and write one word you associate with each person as things are now
- Write next to their name a word you associate to them
- Look at the order you wrote the names in. Anything interesting about who you wrote first or last?
- Is there anyone significant you have missed? Do you know why?
- Add a + for those people who contribute positively to your life or a - for those who are currently take more than they give (this may be for valid reasons)
- When you have finished pick the top one or two people you would like to move issues ahead with (this will depend on the urgency and scale of the issue – you could start with someone/something easy to begin with)
- Ask yourself what action you can take, e.g. a phone call, an email, a visit, etc.

Revisit the exercise whenever you feel the need to evaluate your relationships!

