

# relationships

***This worksheet is a guide to promote discussion and thought about relationships using Think-Feel-Be resources***

Having successful relationships in life is very important, but not always easy! To manage all the different relationships in your life takes good attitude and skills.

Think about the 5 most important relationships in your life (who they are and what is your relationship with them) and what you can do to help make sure that these work well.

What do you think are the most important skills to help someone have a good relationship?

For each of the following skills that help a relationship work, write why you think they are important. Also write an example of when you have shown these skills and when someone has shown them to you.

- a) Forgiving
- b) Listening
- c) Sharing
- d) Including
- e) Showing appreciation

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Choose 2 words from the Think-Feel-Be relationships poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

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