Reflecting on the People and Relationships in My Life

Instructions: Think about your current relationships—people, organizations, things—and map them on the grid according to their positive/negative impact and how much time you are investing in them.

Communities/Relationships of Positive Support, Challenge, and Growth

Time/Energy invested in a small, limited way

Positive relationships: need more investment

Positive relationships: keep current investment

Communities/Relationships of Negativity or Lack of Growth

Time/Energy invested in a heavy way

Unhealthy relationships: Keep current boundaries

Unhealthy relationships: Invest less or change boundaries

Relationship Reflection Matrix V2.1