

Answer the following questions with names of people who fit that category for you. There can be more than one person per answer and you'll notice that some people show up in lots of different categories. There may be some categories where you can't think of anyone.

SECTION 1: EXPRESSES CARE

Dependable – someone you can really trust

Listens – someone that pays attention to you

Believes in you – someone that makes you feel known and valued

Warmth – someone that shows that they enjoy spending time with you

Encouraging – someone that praises you for your efforts

SECTION 2: CHALLENGES GROWTH

Expects the best – someone who expects you to live up to your potential

Stretches you – someone who pushes you to challenge yourself

Holds you accountable – someone who helps you take responsibility for your choices

Reflects – someone who helps you learn from your mistakes

SECTION 3: SUPPORTS YOU

Navigates – someone who guides you through tough situations and systems

Empowers – someone who builds your confidence to take charge of life

Advocates – someone who defends you or teaches you to self-advocate

Sets boundaries – someone who helps you stay on track

SECTION 4: SHARES POWER

Respect – someone who takes you seriously and treats you fairly

Inclusive – someone who involves you in important decisions that affect you

Collaborative – someone who works with you to solve problems

Lets you lead – someone who creates leadership opportunities for you

SECTION 5: EXPANDS POSSIBILITIES

Inspires – someone who helps you see new possibilities

Broadens horizons – someone who exposes you to new ideas and places

Connects – someone that introduces you to people who help you grow

When you're done, ask yourself a few important questions:

1. Are there gaps? Are there entire sections that have very few people in them? Do you think that's a problem?
2. Are there people who consistently show up in almost every section? What does that feel like?
3. Which sections are the most important to you? Why?

*this questionnaire adapted from The Search Institute's Developmental Relationships Framework