



Conscious Activation™

Transform Your Thinking

SCIENCE OF THINKING™

Workbook

RELATIONSHIP

EXERCISE

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8. RELATIONSHIP EXERCISE

A key component of creating a happy life is developing positive, meaningful and supportive relationships in all areas of your life. As we discussed earlier, relationships are everything. By definition, it is the way we, as people, are connected. It is the way we talk to each other and behave toward each other. Our relationships are dependent upon our communication. This is how we express our ideas, thoughts and feelings to someone else. Our relationships are also dependent upon our behavior, which is the way we act or conduct ourselves, especially toward others.

In this exercise, you will have the opportunity to evaluate every important relationship in your life through the filter, “Is this a fit for me?” “Do the positives outweigh the negatives?” This is a perfect example of taking responsibility. We have attracted the people in our lives, but that never means that we are stuck in any relationship forever. We have the freedom of choice in all relationships and it is our responsibility to evaluate how each relationship contributes to, or detracts from, our lives responsibilities.

Please identify the key relationships in your life in the following areas and rate those relationships on a scale from 1-5 ((1 being the worst or most detrimental (can never be a fit) and 5 being the best or most fulfilling (a great fit)). To help you determine the “fit” and rate each relationship, you can complete a “fit” evaluation (see the “Fit Assessment” following this Exercise). For each relationship, you can identify the top 10 positive contributions that person makes in your life, and the top 10 negative detriments that relationship causes in your life. Once you can see them in writing, it will help you determine if the positives outweigh the negatives. Please include any abuse you have suffered in any relationship. Never forget, you have the right to make choices for yourself and your environment that will move you and your life forward in a positive and productive way. You deserve to be happy.

	RELATIONSHIP	RATING
Romantic		
Immediate Family	_____	_____
	_____	_____
	_____	_____
Extended Family	_____	_____
	_____	_____
	_____	_____
Friends	_____	_____
	_____	_____
	_____	_____
Boss	_____	_____
Co-Workers	_____	_____
	_____	_____
	_____	_____

You can also use this exercise to evaluate your own contribution to the success or challenges in each of these relationships. It may provide you with the opportunity to shift how you communicate with and treat the people who are important to you in your life.