

Different Types of Relationships

1. Listed in the box below are different types of relationships. Pick six different relationships and write them in the shapes. Then write the names of two people who have that type of relationship.
2. Next, think about the different things these two people get out of the relationship. These could be emotional needs, social satisfactions or basic necessities like food and shelter. Write a few of the things the relationship provides.

EXAMPLES OF DIFFERENT TYPES OF RELATIONSHIPS			
<i>Friendship</i>	<i>Teammate</i>	<i>Boyfriend / Girlfriend</i>	<i>Boss-Worker</i>
<i>Acquaintance</i>	<i>Mentor</i>	<i>Neighbor</i>	<i>Co-worker</i>
<i>Parent-Child</i>	<i>Sibling</i>	<i>Teacher-Student</i>	<i>Classmate</i>

Type of Relationship

Between _____ & _____

Provides _____

Type of Relationship

Between _____ & _____

Provides _____

Type of Relationship

Between _____ & _____

Provides _____

Type of Relationship

Between _____ & _____

Provides _____

Type of Relationship

Between _____ & _____

Provides _____

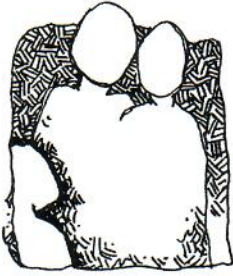
Type of Relationship

Between _____ & _____

Provides _____

Examples of Things Relationships Provide:

- | | | | |
|-------------|---------------|---------------|----------------|
| Tradition | Belonging | Sincerity | Contentment |
| Support | Commitment | Entertainment | Supervision |
| Rules | Structure | Laughter | Protection |
| Trust | Encouragement | Companionship | Leadership |
| Camaraderie | Honesty | Direction | Motivation |
| Reliability | Stability | Loyalty | Advocacy |
| Pleasure | Validation | Solidarity | Accomplishment |
| Competition | Cooperation | Intimacy | Attachment |



My Relationship Role Models (Where I Got My Relationship Values)

The purpose of this activity is to look carefully at what you learned about relationships from the important people in your life.

Most relationships have positive and negative aspects, but it can be difficult to think about the negative. However this is important, because many times we learn from our role models without even being aware of what we are learning. Then, we often behave in the same way our role models did, and wonder why things aren't turning out any better for us. If you can become aware of what you have learned from your relationship role models, you can then make decisions about what lessons you want to live by, and which ones you want to live without.

**Below, please identify a relationship between two people you were around a lot when you were growing up.
(You should not be one of the people.)**

An intimate relationship I observed while growing up was/is between these two people:

_____ and _____

When I think about their relationship, the first words I think of are: _____

_____, _____, _____

This relationship gave me the impression that men are: _____

This relationship gave me the impression that women are: _____

The best thing I saw about this relationship was/is: _____

The worst thing I saw about this relationship was/is: _____

Most of the time, being around this relationship made/makes me feel: _____

These are some of the ways this relationship has affected me individually: _____

These are some of the ways this relationship has affected my own relationships: _____

Another relationship which I think has affected me was/is between:

_____ and _____

When I think about their relationship, the first words I think of are: _____

_____, _____, _____

This relationship gave me the impression that men are: _____

This relationship gave me the impression that women are: _____

The best thing I saw about this relationship was/is: _____

The worst thing I saw about this relationship was/is: _____

Most of the time, being around this relationship made/makes me feel: _____

These are some of the ways this relationship has affected me individually: _____

These are some of the ways this relationship has affected my own relationships: _____