

Search for Awesome: Finding My Path

I just want to be somebody to someone.
~The Banners

Individual Explorations: Relationships

A place to start: What kinds of relationships do I need most in my life? What is missing?

An Evaluation of my Relationships	I have a person like this	I am this for someone else	I have a need/desire for this in my life, but don't currently have it	I don't feel like I need this in my life right now
Someone to play with and have fun				
A 2 a.m. friend – someone I could call at any time for anything				
Someone to help me with tasks, like cleaning, organizing, painting,				
A confidant to keep my secrets				
Someone I can complain to				
Someone to hug, hold, cuddle				
Someone to be sexual/physically intimate with				
Someone who makes me laugh				
A hang out/drop in friend who can hang out without making plans				
A dreamer who helps me set goals				
Someone who will tell me when I am wrong and challenge me				
A vacation friend who will accompany me on adventures				
A work friend				
A spiritual companion				
Someone who will care for me				
Someone who shares my interests in specific hobbies/activities				

For further consideration:

1. What areas do I have a lot of support? _____
2. What seemed to be missing most in my life? Where do I feel the biggest gap? _____
3. Where am I giving a lot? Where am I not giving enough? _____
4. What seems to be getting in the way of having certain types of relationships in my life? _____
5. Am I expecting too much of one person (that one person can be all those things?) _____
6. Am I spreading myself too thin? Am I trying to manage too many relationships? _____
7. Am I varying the intensity? Am I keeping things light and casual with everyone? Am I trying to forge deep relationships with everyone? _____
8. How do I provide give and take? How do I both get my needs met and be present for others in my life? _____
9. Do I tend to take on other people's energy or emotions? _____

My Exploration Action Plan:

Step 1: _____

Step 2: _____

Step 3: _____

My results after working on my action plan: _____

Action Plan Revisions: _____

Activities to try (social distancing as appropriate):

***Inviting someone to lunch or to an activity *** Showing up at someone's porch unexpectedly
***Setting boundaries or telling someone no *** Contact and old friend ***Set up a social media account to interact with people you don't know ***Sit on your front porch and say hello to neighbors
***Join a club or sports team ***Offer to help out on a project at work with new people ***Sign up for a dating app ***Find a meet up group *** Talk to people at the park or store ***Invite someone to go on a short trip with you ***Ask a coworker to go to happy hour with you ***Take a class ***Offer to help out a neighbor or friend ***Practice being vulnerable *** Ask for what you need