

# Exercise: Relationships In Your Development

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**Instructions:** For each section below, reflect on the people who fit some or most of the actions or attitudes listed for each question. This is a reflection of your personal relationship experience and there is no right or wrong way to complete the form.

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## Who showed you that you mattered to them?

They may have done this by the following actions/attitudes:

- Being someone you could trust.
- Really paying attention when you were together.
- Making you feel known and valued.
- Showing you that they enjoyed being with you.
- Praising you for your efforts and achievements.

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## Who pushed you to keep getting better?

They may have done this by the following actions/attitudes:

- Expecting you to live up to your potential.
- Pushing you to go further.
- Helping you learn from mistakes and setbacks.
- Insisting that you take responsibility for your actions.

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## Who helped you complete tasks and achieve your goals?

They may have done this by the following actions/attitudes:

- Guiding you through hard situations and systems.
- Building your confidence to take charge of your life.
- Standing up for you when you needed it.
- Putting in place limits that kept you on track.

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## Who treated you with respect and gave you a say?

They may have done this by the following actions/attitudes:

- Taking you seriously and treating you fairly.
- Involving you in decisions that affected you.
- Working with you to solve problems and reach goals.
- Creating opportunities for you to take action and lead.

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## Who connected you with people and places that broadened your world?

They may have done this by the following actions/attitudes:

- Exposing you to new ideas, experiences, and places.
  - Inspiring you to see possibilities for your future.
  - Introducing you to other people who helped you grow.
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