

Relationship Inventory

Whether you're not totally satisfied with your friendships or you're not sure where to start in finding community, use this guide to evaluate your relationships and see what feels good about them.

First, ask yourself, what are some ways that you'd like to be seen with your friends/community? What are your hobbies/interests, parts of your identities, spirituality/religion? (Ex. hiking, volunteering, queer, woman, shared trauma, mentoring)

Create a list of people who you are close to in your life. In the brackets, list the ways in which you receive from each relationship.

(Ex. Lily {hiking buddy, teacher friend, can vent to her, likes dogs})

_____	{		}
_____	{		}
_____	{		}
_____	{		}
_____	{		}

Now look at your list of friends, and ask your self these questions:

- What are some ways you want to be seen by people in your life?
- How can you seek more connection with those around you?
- Are there ways you can make new connections based off of your interests or other parts of your identity?