## **ACTIVITY SHEET**

## **HEALTHY RELATIONSHIP JOURNALING**

## **EXPLORING OUR RELATIONSHIPS**

## **INSTRUCTIONS**

In your journal or in the space provided below, reflect on the relationships in your life and answer the following questions.

| <b>1</b> | Which relationships are important to you?                                  |
|----------|--|
| 2        | What do you need to build a healthy relationship with yourself and others? |
|          |  |
| 3        | What can you do to nourish these relationships?                            |
|          |  |
| 4        | What boundaries are important to you?                                      |
|          |  |