**Name your five most significant Relationships**

“Significance” is determined by;

 Degree to which the other’s decisions affect your life;

 Amount of time you spend with the other; and

 Intensity of feeling you have for the other, whether positive, negative or both.

These five people should include;

 At least one parent or parental figure;

 Your primary significant other;

 The person you have strongest feelings about;

 The person you spend the most time with; and

 The person whose decisions have most powerfully affect your life.

**Worksheet:**

Who is the parent or other care giver in your childhood who had the biggest impact on you whether positive or negative?

Who is the person in your life now with whom you have the most intimate mutual relationship?

Who is the person who, when you think about them, evokes the strongest feelings in you?

Who do you send most of your time within the average week?

Who is the person from your past whose decisions have had the most impact on you… how you see yourself, and what you have chosen to do, who you want to be or to not be?