**Positive Relationships Assignment**

**Family and Gender Studies 10-12**

**From *Glencoe Families Today pages 87-99***

This assignment is a self-directed exercise in which you will think about your current relationships and what you want in a relationship. In the first column of the chart, list 10 people with whom you have a relationship. These can be family, friends, teachers, fellow students, coaches, employers, etc. Then complete the columns to tell how each of these people meets important relationship function in your life.

|  |  |  |  |
| --- | --- | --- | --- |
| Person/relationship | Helps meet my emotional needs by… | Enriches my life by… | Helps me accomplish… |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |