

How I want to be treated by people I care about

Directions

Below is a figure and a list of ways people may treat each other. The figure represents you. On the two solid lines above the figure, write the two most important ways you want to be treated by someone you care about. On the five dotted lines surrounding the figure, list five additional actions that are important to you. Feel free to write in ideas that aren't on the list.

respected **controlled**

supported _____ **loved**

ignored **spoiled**

trusted **committed to**

fairly **abused**

afraid **needed**

impressed **cared for**


amused or made to laugh **challenged**

.....

encouraged **cheated on**

listened to **treated like a king or queen**

treated equally **treated honestly**



Relationship Circle

**I have a relationship
but am not close with...**

**My closest
relationships
are with**

My name is

Relationship Continuum

Directions

Take each item (1-10) and list it on the continuum where you believe it falls (healthy, unhealthy, abusive)

1. Checking your partner's phone
2. Constantly checking up on where your partner is
3. Encouraging your partner to run for student government
4. Calling your partner names in front of his/her friends
5. Telling your partner when you are upset with them and why
6. Pressuring your partner to text you inappropriate photos
7. Making decisions together
8. Making you feel guilty when you spend time with your friend
9. Pressuring your partner to do something he or she does not want to do
10. Getting jealous when you do better on a test or assignment

Healthy

Unhealthy

Abusive

