

• **Roles : What Are My Primary Relationships?**

Your personal rule of life is discerned and framed within the context of your primary relationship and your spiritual community, and lived out in service to others.

List all your key relationships (names)

Identify the role you play in the relationship (ex.Son, Wife, employee)

Relationship Scale (1-5, 1: Relatively Unhealthy, 5: Relatively Healthy)

Include helpful and descriptive commentary (need to hear from you a word of encouragement and/or affirmation, or apology?)

Place a “+” sign next to the roles that are most life-giving for you and a “-“ sign next to the roles that are most life-draining.

Briefly explain why.

Place a star next to the roles that require special attention at this time.

Names

What is

Your Role?

Relationship Scale (1-5)

Comments

+ or -

Why?

*?

2

Ex. Susan

Daughter

2

I need to forgive her

-

She is very Critical

*

Calyn

Mother

5

loving relationship

+

gentle * sweet spirited

Corinthia

Mother

5
loving relationship
+
needs emotional guidance

Cameron
Mother
5
loving relationship
-
severe anxiety, forgiveness of self and others

Carmen
Sister
5
Loving relationship
-
she's critical

Jaclyn
God daughter
4
Loving Relationship
-
need to spend more time

From the list you have developed, identify your five most important roles (in order of priority) on the left column.

Prayerfully consider how God might be inviting you to focus on your top roles and key relationships during this season of your life. Are there specific issues you need to attend to within your particular roles or relationships at this time?

Inquire of the Lord how best to tend to your own emotional health; write down any specific ideas you wish to consider in prioritizing your emotional needs.