

Self-Evaluation: How Well Do You Lean On Your Community?

LEARNING OBJECTIVE

I will be able to analyze and evaluate how effectively I build relationships and use those relationships to improve my life.

DIRECTIONS

This Natural High Topic is about leaning upon your community in times of struggle and times of celebration. Having strong relationships with family and friends means:

- Having someone to confide in when things are difficult
- Having people to hold you accountable and motivate you
- Lessening the risk of peer pressure
- Making life more enjoyable

Think about your community, or your group of family and friends. Now, answer the questions below. Your answers will be private and are intended to help you think about how you communicate with those in your community, seek support from them, and give support.

1. Describe 3-5 people who are closest to you, the people you can talk to the most freely.

2. Who do you talk to when you are proud of something you have done?

3. Who do you confide in (share with) when you are sad, stressed, or ashamed of something?



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4. Describe a time when a friend or family member helped you through a problem.

5. Describe a time when you helped a friend or family member with a problem they were dealing with.

6. How likely are you to turn to a friend or family member for support when you are stressed, sad, or ashamed of something?

7. On a scale of 1-10, how well do you support your family? How about your friends? Explain your rating of yourself.

8. Now that you have thoughts about this topic, is there anything you'd like to get better at doing, in the area of relationships?



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