

DISCOVER YOUR RELATIONSHIP PREFERENCES

The questions and exercises below correspond with the lesson video. Complete this worksheet while you watch.

List 3 people **from work** who you've built a good relationship with.

Think of people from previous jobs if necessary.

1. _____
2. _____
3. _____

What were the major milestones in the development of those relationships?

What were the events—big or small—that “cemented” those relationships?

NAME	MILESTONE #1	MILESTONE #2	MILESTONE #3

Are there any patterns to how these relationships developed?

Look for any common theme that would help you know “this is how I develop relationships.”