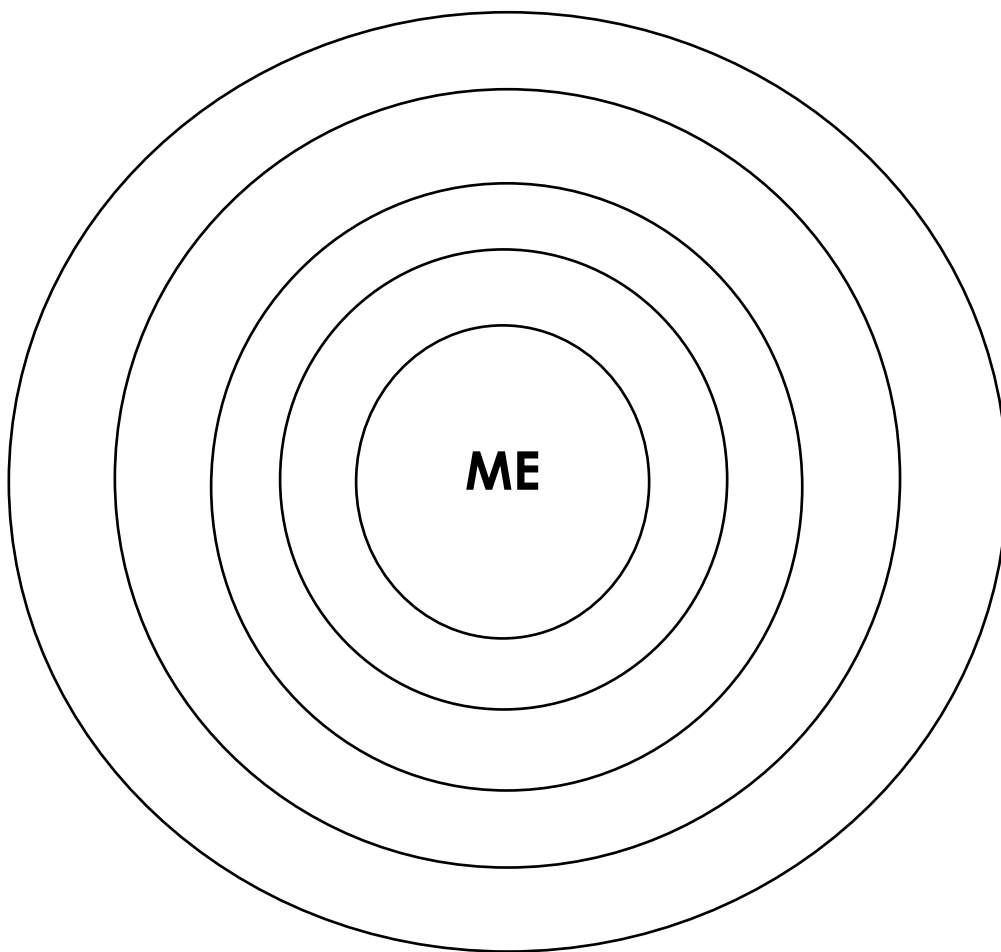


My Relationships

Here are the names or initials of people that I have relationships with and some that I would like to for relationships with:

How important to you are the people listed above? Write the name or initials of the people who are the most important to you in the circle marked "Me." Then write the initials or names of the people to whom you feel the next closest, and so on. (See the example in Handout P/C/P-9.2 to get an idea of what the completed form might look like.)



You might find it helpful to think about the following questions after you've finished completing the exercise:

- What are the really good things about this relationship?
- What, if anything, has made this relationship more difficult?
- How would things be different in this relationship if I stopped my substance use?
- When I think about where I hope to be in 5 or 10 years, are there any relationships that I would like to see move to a different location on my current set of circles?