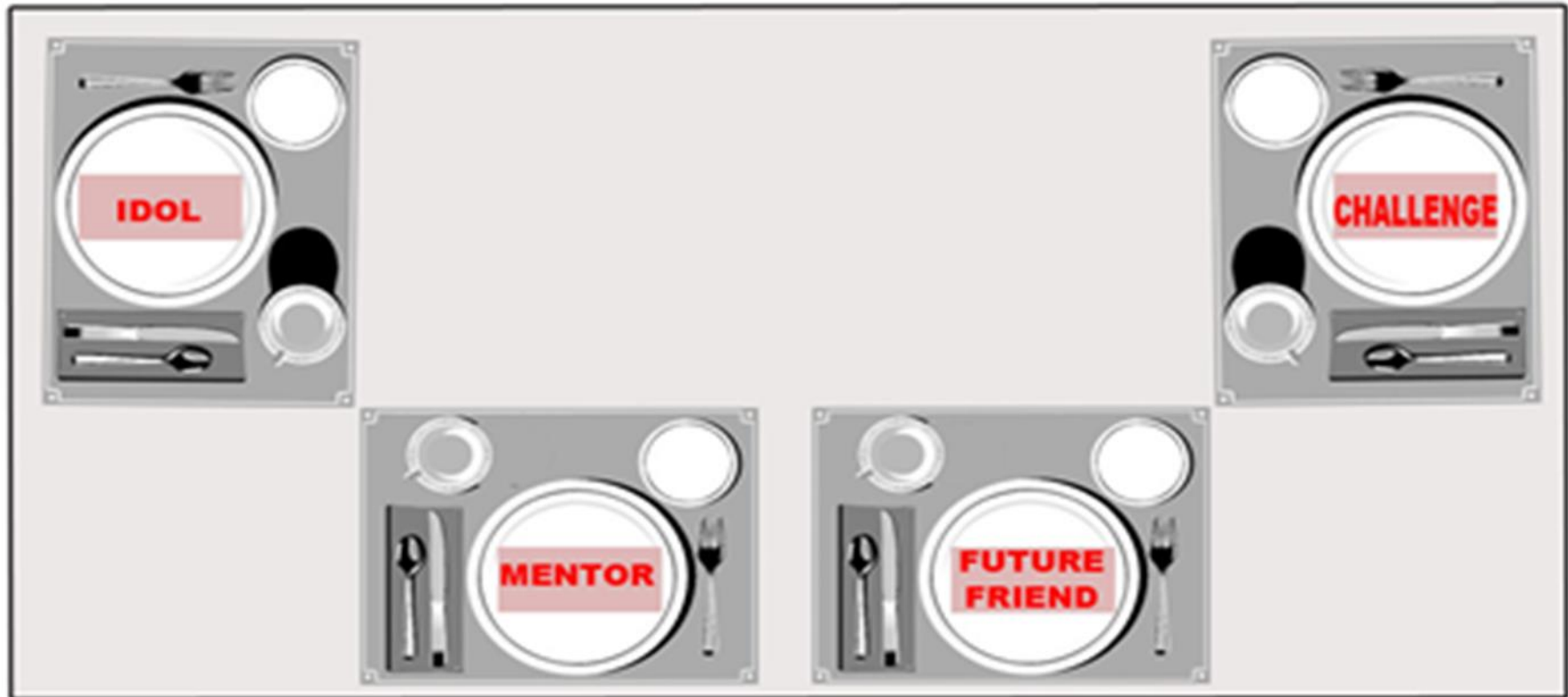


YOU



Tackling Challenging Relationships

The following **Tackling Challenging Relationships** handout is a summary of what we just did here together. We considered important relationships in our lives and why they are important. Then we channeled the wisdom of those individuals to think through more challenging relationships as well as banking on the wisdom of our group members to consider new strategies in navigating these relationships. This process is captured in the handout. We hope it is helpful to you in continuing this process in the future.

Challenging relationship: _____

I care about this relationship because: _____

This relationship is challenging because: _____

What would _____ advise me to do about this relationship? _____
(Idol)

What would _____ advise me to do about this relationship? _____
(Mentor)

Three things I can do to manage this relationship:

1. _____

2. _____

3. _____

What has worked well in the past? Can I apply that learning to this situation?

What has not worked well in the past? Can I make other choices?