

## Relationship Inventory

For the list below, indicate what you have and what you may be missing. Fill in names if you like.

	I have a person like this	I need a person like this and have some ideas about who could be that person	I would like a person like this but have no idea who could fill that role for me	I would like this in my life, but don't know how to fit it in to my current life	I don't feel like I need this in my life right now
Someone to play and be goofy with					
A 2 a.m. friend – someone I could call at any time for anything					
Someone to watch my kids					
Someone to help me with tasks, like cleaning, moving, etc					
A confidant, someone to keep my secrets					
Someone I can complain to					
Someone to hug, hold, cuddle, be physical with					
Someone who makes me laugh					
A hang out/drop in friend (someone who can hang out without making a lot of plans)					

A dreamer – someone who helps me set goals					
Someone who will tell me when I am wrong					
A vacation friend – someone who will accompany me on adventures					
A work friend					
A spiritual companion					
Someone who will care for me if I need help					
Someone who can respond in an emergency					
Someone who shares my interests in specific hobbies					
Someone I can engage in intellectual or political debate					
An exercise buddy					
A drinking buddy					
A community – not any one person, but an entire group of belonging					
Other?					

**Questions for reflection:**

What areas do I have a lot of support?

What seemed to be missing most in my life? Where do I feel the biggest gap?

Am I expecting too much of one person (that one person can be all those things?)

Am I spreading myself too thin? Am I trying to have a different person for each category and then trying to manage too many relationships?

Am I varying the intensity? Am I keeping things light and casual with everyone? Am I trying to forge deep relationships with everyone?

Are all my needs in the same area (i.e. close relationships?)

In working through this, what, if any, conclusions did I draw about my relationships?