

## **Name your five most significant relationships**

“Significance” is determined by;

degree to which the other's decisions affect your life;  
amount of time you spend with the other; and  
intensity of feeling you have for the other, whether positive, negative or both.

These five people should include;

at least one parent or parent figure;  
your primary significant other;  
the person you have the strongest feelings about;  
the person you spend the most time with; and  
the person whose decisions have most powerfully affected your life.

### **Worksheet:**

Who is the parent or other care giver in your childhood who had the biggest impact on you whether positive or negative?

Who is the person in your life now with whom you have the most intimate mutual relationship?

Who is the person who, when you think about him or her, evokes the strongest feelings in you?

Who do you spend most of your time with in the average week?

Who is the person from your past whose decisions have had the most impact on you... how you see yourself, what you have chosen to do, who you want to be or to not be?

Mark Lee Robinson  
Center for Creative Conflict Resolution  
6454 Alamo  
St. Louis, MO 63105  
314-863-2363