

RELATIONSHIP INVENTORY WORKSHEET

Please fill out a "Relationship Inventory Worksheet" for your most significant relationships, *in order of influence*, beginning with Number 1.

Relationship with _____

1. I have had a relationship with this person for _____ years or months.

2. I would classify my relationship with this person as (circle one):

1 – Very Good 2 – Good 3 – Fair 4 – Poor 5 – Very Poor 6 – Love/Hate

The emotions I most generally feel when I think of this person are: ((Circle all that apply))

Chart of Emotions

<u>MAD</u>	<u>SAD</u>	<u>GLAD</u>	<u>AFRAID</u>	<u>CONFUSED</u>	<u>ASHAMED</u>	<u>LONELY</u>
Bothered	Down	Comfortable	Uneasy	Uncertain	Awkward	Out-of-place
Irritated	Blue	Relaxed	Apprehensive	Ambivalent	Self-conscious	Left out
Displeased	Disappointed	Content	Tense	Unsettled	Embarrassed	Disconnected
Annoyed	Melancholy	Satisfied	Anxious	Tentative	Flustered	Insecure
Steamed	Unhappy	Grateful	Nervous	Perplexed	Apologetic	Invisible
Perturbed	Dissatisfied	Warm	Distressed	Puzzled	Guilty	Unwelcome
Frustrated	Gloomy	Happy	Scared	Distracted	Regretful	Discounted
Angry	Mournful	Encouraged	Frightened	Flustered	Remorseful	Excluded
Fed-up	Grieved	Fulfilled	Vulnerable	Jumbled	Shamed	Insignificant
Disgusted	Depressed	Hopeful	Repulsed	Unfocused	Disgusted	Ignored
Indignant	Crushed	Cheerful	Agitated	Fragmented	Belittled	Neglected
Resentful	Miserable	Thrilled	Shocked	Disheartened	Humiliated	Disregarded
Fuming	Defeated	Delighted	Alarmed	Insecure	Disregarded	Isolated
Explosive	Worthless	Joyful	Overwhelmed	Bewildered	Violated	Unwanted
Enraged	Shameful	Elated	Frantic	Lost	Dirty	Rejected
Irate	Dejected	Exhilarated	Horrified	Stunned	Mortified	Deserted
Outraged	Empty	Overjoyed	Terrified	Torn	Defiled	Outcast
Furious	Devastated	Ecstatic	Numb	Baffled	Devastated	Abandoned
Raging	Embittered	Euphoric	Dead Inside	Speechless	Degraded	Forsaken

Are my feelings toward this person reasonable? Yes _____ No _____ Why or why not?