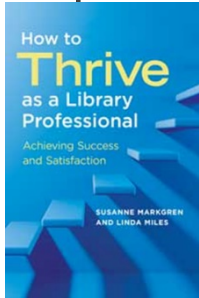


GATHERING AND LENDING SUPPORT: RELATIONSHIPS



Exercise: Relationship Journaling (Individually)

Instructions: On paper, take some time to answer the questions below. There are no right or wrong ways to interpret these questions. Let your mind wander. Just keep writing until we call “time.”

1. Which are the most important relationships in your work life, and how would you describe the individuals involved?
 2. When, under what conditions, and how do you interact together?
 3. In what ways do you and these individuals invest in these relationships? What benefits do you reap?
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Discussion Questions (As a Group)

Instructions: First, select a volunteer to act as “scribe,” willing to take brief notes. You will be asked to share one or two highlights from the group. Second, work your way through some of the question prompts below:

1. What are the key characteristics of the people with whom you share the most valuable of your work relationships?
2. How much are you willing to invest in these relationships, and what does that investment look like?
3. What similarities and differences stand out among the answers in the group?