



Managing and Dealing with Relationships

This workbook includes guided reflections, exercises, and space for notes to help you apply relationship skills in real life.

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Relationship Mapping Worksheet

Instructions: List the key people in your life. Describe the nature of your relationship, frequency of contact, and what you value most in each.

Name | Relationship Type | Frequency of Contact | What I Value

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Emotional Triggers Journal

Instructions: Reflect on your emotional responses. What triggered you? What emotion did you feel?
How did you respond?

Date | Trigger | Emotion Felt | My Response | What I Learned

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Conflict Resolution Scenario

Instructions: Think of a recent disagreement. Write down how it started, how it was handled, and how you could handle it differently.

Scenario: _____

Initial Reaction: _____

Resolution Strategy: _____

Improvement Idea: _____

Relationship Maintenance Plan

Instructions: Choose a relationship and write down how you will maintain and grow it.

Person: _____

Rituals of Connection: _____

Special Dates to Celebrate: _____

Check-in Frequency: _____

