



## **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: \_\_\_\_\_







## Knowledge Check: Relationship Management Quiz

1. What are three key elements of a healthy relationship?
2. Name one effective way to resolve a conflict.
3. What is emotional intelligence and why is it important in relationships?
4. What are personal boundaries and how can you communicate them?
5. How can you rebuild trust after it has been broken?

# Certificate of Completion

This certifies that

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has successfully completed the training program:

"Managing and Dealing with Relationships"

Presented by Inspire

Date: \_\_\_\_\_

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Trainer/Facilitator Signature