



## Worksheet: Assessing Caring Relationships

### Improving Individual Relationships

#### Part 1:

List the individuals you primarily work with in a day. Next to each person's name, use the indicated rating scale to assess the depth of your relationship with that individual. When choosing a rating, ask yourself questions such as, "How is my relationship when that person is having a challenging time?" and "How strong is the relationship if I am having a bad day?"

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
I have no relationship or a poor relationship with this individual	The relationship is not what it needs to be. It needs to be stronger.	I have a basic relationship with this person (and this person agrees)	I have a strong relationship with this person (and this person agrees)

Person's Name	Rating
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

#### Part 2:

Now, most importantly consider what you can do to make all of the above ratings a 4, and maintain that caring relationship at all times. For each individual you scored below a 4, list your intended actions below.

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