



DEEPENING OUR RELATIONSHIP WITH

[NAME] _____

Choose any person from the preceding exercise. The questions that follow will help you gain a deeper understanding of this relationship, encouraging you to explore its nuances and discover valuable insights. After completing the exercise with this person, choose others from your list and explore them in turn, giving each relationship the attention it deserves.

● **What do I admire about this person?**

● **What meaningful experiences and activities do we share?**

● **What do I receive from this relationship that enriches my life?**

● *What do I contribute to it?*

● *What am I learning about myself through this connection?*

● *What are three or more ways I can strengthen this relationship?*



In the coming week, set aside time to nourish this relationship in at least one of the ways you identified above.

∞ INTERLUDE ∞



TEATIME WITH THE PRINCIPAL CAST

Before moving on, take a moment to review what you've discovered about your principal cast. Mentally invite them to have tea with you. Notice any new feelings of appreciation that you have for them. Inwardly, or in writing, express gratitude for the people who stand at the center of your life story — their presence has helped shape who you are today.