

Week 6 -Friends and Family Worksheet

Answer the following questions and discuss (remember to use active listening)

1. Do have any problems or concerns with any of either of your relatives or friends?

a. If so who and what?

Name: _____

Problem or Concern (be specific):

b. How does this make you feel (use words like angry, afraid, insecure, unsafe, etc.) _____

c. Why do you think they make you feel this way? (Past experiences, what you heard, what you have seen, etc.) _____

d. How does this affect your relationship with one another? (Causes resentment, anger, distance, etc.) _____

e. What boundaries would you each like to have in place regarding this individual? _____

f. What boundaries can the two of you agree on and commit to? _____

g. Plan a time and place to discuss the boundaries with this person:
Date: _____ Time: _____

Take time to plan what you are going to say, and remember to be firm, but loving.

Ephesians 4:15

New King James Version

*“but, speaking the truth in love, may grow up in all things into Him who is the head—
Christ—”*