

Give and Take

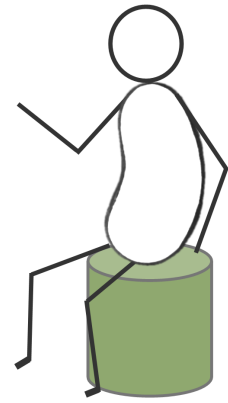
Reciprocity— the act, process or situation in which one person has received a benefit from another and in return chooses to provide an equivalent benefit back (*psychologydictionary.com*).

What do your social connections do for you, and what do you do for them? A healthy relationship is good for both people involved. Our strengths help the other person and their strengths help us.

Choose a person you have a relationship with. It could be a friend, significant other or family member. Write the name of this connection under the stick figure on the right. Then, using the arrow lines below, write some of the things that you do for them and some of the things they do for you.



Me



Connection: _____

_____ →

← _____

_____ →

← _____

_____ →

← _____

Grownups know that little things matter ... and that relationships are based on respect and reciprocity.

—Margaret Carlson