

## Which Relationship Are You In?

This week, write down any significant interactions you have with another person. If you had a conversation with a friend about their worries regarding their marriage, write it down. Then determine which role(s) you were playing. In the previous example, even though you were with a friend, if you were attempting to help them do something to feel better, you were in the role of counselor. If you helped them by joining in on a spouse-bashing session, then you were functioning as a friend, albeit an ineffective one. If you were teaching about whose behavior you can control, you were teaching. It's possible to play a few of the roles in the same interaction.

**Conversation:**

**Role(s)**

**Conversation:**

**Role(s)**

**Conversation:**

**Role(s)**

**Conversation:**

**Role(s)**

**Conversation:**

**Role(s)**

**Conversation**

**Role(s)**

**Conversation:**

**Role(s)**