

22. Strengthening relationships



CONNECTING



DURATION

20 minutes

FREQUENCY

1x/day

DIFFICULTY

Moderate

EVIDENCE QUALITY



+ WELLBEING



Our relationships are what support us

What it is?

- It is important to appreciate what you have, before it turns into what you had.
- This activity requires you to think of someone whom you hold dear (e.g. a close friend or partner) and imagine what your life would be like if you had not met them.

What can I use it for?

- This activity allows you to visualise a life without someone you care for without actually losing them.
- This can enable you to truly appreciate the presence of someone you care for (more than you already do).
- As you learn to increase your appreciation for someone you care for, you can learn to grow your relationships, which can improve your wellbeing.

How to do it?

1. Write down the name of an important person in your life.
2. Reflect and write about when, where and how you met.
3. Think and write about the possibility of events that could have prevented you from meeting this person (e.g. if you didn't decide to move cities).
4. Visualise what your life would be like now, if you didn't meet this person.
5. Remind yourself that this person is actually in your life and how grateful you are for them.

Anything to consider before I start?

- Remember that this person is still in your life, you are just exploring the possibility of what it would be like without them.



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Write down the name of an important person in your life. Reflect and write about when, where and how you met:

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Think and write about the possibility of events that could have prevented you from meeting this person (e.g. if you didn't decide to move cities):

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Think about what this person means to you. If you hadn't met, visualise what your life would be like now. Don't forget to remind yourself that this person is actually in your life and how grateful you are for them.

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MY HABIT STATEMENT

Habit Statement:

When will I practice it?

How will I remind myself to practice?

How will I celebrate?

