

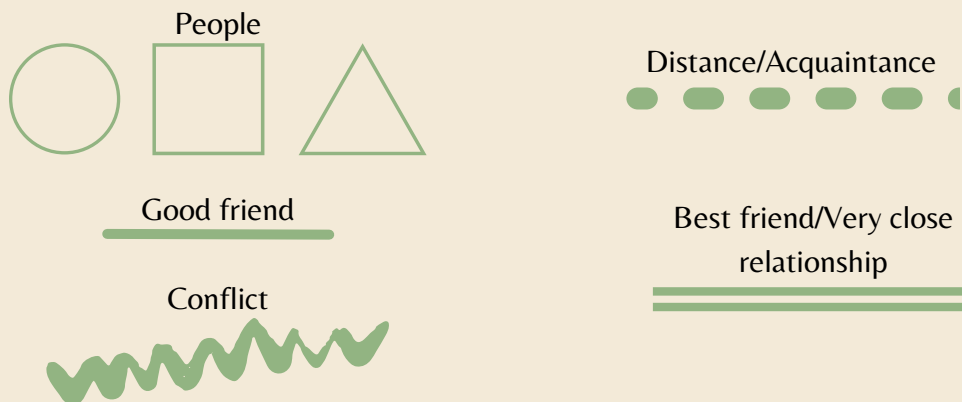
# FRIEND MAP EXERCISE

## Directions

Ever feel disconnected from people? Do you feel anxious about where you stand with your friendships? Relationships and friendships can sometimes be confusing and unpredictable at times. Or maybe you want to take some time to appreciate your quality relationships!

By creating a visual of our relationships, we can see in front of us who we feel close to, who we trust, who we need to set better boundaries with, or who we want to get to know better. A friend map is a great exercise to create clarity, understanding, and a way to explore our relationships. It can also help others (parents, coaches, teachers, or other friends) better understand your relationships!

1. Materials needed: markers or crayons, and paper
2. Take a moment to think about different areas for your relationships. Some examples might be: school, a sport, a club, neighborhood, church, etc.
3. Using the key below, start by placing yourself as a shape in the center of the paper. Then use the shapes and lines to draw your map.
4. Feel free to use your own symbols and get creative! Use different colors to represent the different areas you identified above.
5. Make sure you indicate not only how you are connected to people, but also how you see other people's relationships.
6. Once you have completed your friend map, answer the prompts on the next pages.



# FRIEND MAP EXERCISE

In this section draw your friend map using the guided key from the previous page. Get creative, use colors, different shapes, and as many extra pages you need!

# FRIEND MAP EXERCISE

## Questions

What types of relationship patterns do you notice? Is there lots of closeness, areas of conflict, or more distance? What relationship patterns do you notice for yourself or with someone else?

Who are the people you feel close to, and what are the qualities or things that you like about the relationship? What is the history that has led to this level of closeness or trust?

Is there a relationship or group where you need to set boundaries around? What differences in values, or past experiences have led to this?

# FRIEND MAP EXERCISE

## Questions

Is there anything you wish was different about your current relationships? If so, what are some things that you think would make them better?

What goals do you have with your current relationships? (Ex: finding people to build trust with, setting boundaries, spending more quality time, getting to know people more in a certain area, being more inclusive, etc.)