

Assessing your relationships

Use this resource to identify which relationships are supportive of your change, which are ambivalent and which are unsupportive.

Green, Orange and Red Relationships

If you really want to make a change then mixing and associating with supportive people will be a huge support. Equally mixing with those that are unsupportive will make change an almost impossible task. The more difficult your change is, the more relevant this will become.

A simple way to assess how supportive (or unsupportive) your current relationships are, is to group them into one of three categories. These being:

1. **Green relationship.** Those who are supportive of your change
2. **Orange relationships.** Those who are ambivalent i.e. don't have an opinion either way
3. **Red relationships.** Those who are unsupportive of your change

Each type of relationship is described below:

Green Relationships: Supportive relationships

Green relationships represent those relationships which are both positive and supportive. Support might include physically helping you make a change, listening to you re the good and not so good aspects of change, helping you through tough patches, mentoring, providing information and providing secondary support e.g. looking after the kids while you go to the gym etc.

These people would support you in your endeavours for any or both of the following two reasons. a) They think what you are trying to do is worthwhile or b) they support your decision and autonomy no matter what, and want you to do what makes you happy.

Orange Relationships: No opinion either way

Orange relationships represent the relationships that don't encourage or discourage your decision to change. These people might be taking his position for any of the following reasons. a) They aren't aware of what you are trying to do, b) they don't have any strong opinions about what you are choosing to do or c) they don't like to interfere even if they have an opinion.

How people feel about these types of relationships will vary depending on the person. Some people would like their friends to support them in their endeavours to change and therefore might be a little disappointed. Others might be glad that these friends are leaving them to their own devices.

Red Relationships: Unsupportive relationships

Red relationships represent the relationships that are negative and unsupportive of the changes you are making or want to make. A lack of support might include trying to bring you down, persuading you not to change, sabotaging your attempts to change, talking negatively about both the change you're trying to make and your ability to make it and not being there for you when you need to talk about the change in any capacity.

These people might be negative or unsupportive for any of the following two reasons. a) They think what you are trying to do isn't worthwhile, b) they might not want you to change for any number of reasons (often related to their own insecurities), c) they are unhappy and don't want you to be happy, d) they are threatened by the possibility of your relationship changing as a result of you making a change or e) they have had a negative experience making a similar change and don't want you to feel the same way if you fail.

Assessing your relationships worksheet

Use this worksheet to identify which relationships fit into which relationship category

My Green Relationships	My Orange Relationships	My Red Relationships

NOTE: After assessing your relationships, and identifying which of the three categories they fit into, look at the **'Managing Peer Pressure'** resource to get some ideas of how you can manage the **Red group** and if needed the **Orange group**.