## Where am I Now in My Relationships

In the circles, write the names of the people, organizations or activities in your life (family, friends, relatives, teachers, school, sports, etc) with whom you have some kind of relationship. Then, in the area in-between name the kinds of emotions you feel in your relationship with each person organization or activity.

ME

**Cort Curtis, Ph.D.** 28202 Cabot Road, #300 Laguna Niguel, CA 92677 Ph/Fax: (877) 372-8784

Ph/Fax: (877) 372-8784 Email: <u>cortcurtis@yahoo.com</u> Web: www.achangeinthinking.com