

RELATIONSHIPS

understanding them

Apart from your emotions and thoughts, learning to regulate how you respond to the people around you in light of your internal state is also key to progressing in your mental health journey. This does not, at all, mean that every interaction you have with people in your life has to be perfectly curated, but it just means that you have to be mindful of how your internal state reflects on your interactions with the people around you. Similarly, it is important to recognise how your relationships reflect your internal state.

**ACTIVITY (10 MINUTES)
THINK OF 3 PEOPLE IN YOUR LIFE
AND ANSWER THE FOLLOWING QUESTIONS**



WHO IS THIS PERSON TO YOU?

**WHAT COLOUR WOULD YOU USE TO DESCRIBE YOUR
RELATIONSHIP WITH THEM? AND WHY?**

**IF YOU COULD CHANGE ONE THING ABOUT YOUR
RELATIONSHIP WITH THEM, WHAT WOULD IT BE AND WHY?**

