

humantold

Who Gets To Live In My Building?

This activity is designed to help you determine the qualities you place importance on within your relationships, evaluate your relationships, and create boundaries or guide your mindsets with people if needed.

With this activity we will use the metaphor of a building, but you can adapt it how you would like. **Another way of viewing this activity is to create a tier-list (bronze, silver, gold, VIP)** to help explore the amount of support and effort you are willing/able to give. Hopefully, this can allow you to appreciate those in your life that have many qualities you want in a relationship, adjust those that do not (if you can), or serve as a guide for qualities you are looking for.

As a quick note this activity is meant to be exploratory since it cannot fully account for the complexity of relationships.

First, what are the things or qualities that are important for you to have in a relationship?

Trustworthy

Common Interests

Supportive

Dependable

Empathetic

Makes Time

Loyal

Fun to be around

Makes me laugh

Define the different floors:

- How many qualities would someone need to fulfill?
- What amount of support and effort am I willing/able to give at each level?
- Any other things to consider?

Begin putting people into each floor

- How does it feel to put this person here?
- Would you want to have this person be higher or lower? If so what would need to change?
- Are there other factors that affect the placement of certain people?

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Penthouse:

2nd Floor:

1st Floor:

Lobby:

Parking Lot: