

Assessing Your Relationships

Relational INTELLIGENCE

Am I the _____ of person that the type of person I'm looking for is _____ for?

The type of person you _____ will be an indication of the type of people you _____ to your life.

The Friend _____ to be

The Friend _____ us to be

Genesis 3:6 (NLT) *The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too.*

The Friend _____ me to be

Ruth 1:1-14 (NLT) *In the days when the judges ruled in Israel, a severe famine came upon the land. So a man from Bethlehem in Judah left his home and went to live in the country of Moab, taking his wife and two sons with him. 2 The man's name was Elimelech, and his wife was Naomi. Their two sons were Mahlon and Kilion. They were Ephrathites from Bethlehem in the land of Judah. And when they reached Moab, they settled there. 3 Then Elimelech died, and Naomi was left with her two sons. 4 The two sons married Moabite women. One married a woman named Orpah, and the other a woman named Ruth. But about ten years later, 5 both Mahlon and Kilion died. This left Naomi alone, without her two sons or her husband. 6 Then Naomi heard in Moab that the Lord had blessed his people in Judah by giving them good crops again. So Naomi and her daughters-in-law got ready to leave Moab to return to her homeland. 7 With her two daughters-in-law she set out from the place where she had been living, and they took the road that would lead them back to Judah. 8 But on the way, Naomi said to her two daughters-in-law, "Go back to your mothers' homes. And may the Lord reward you for your kindness to your husbands and to me. 9 May the Lord bless you with the security of another marriage." Then she kissed them good-bye, and they all broke down and wept. 10 "No," they said. "We want to go with you to your people." 11 But Naomi replied, "Why should you go on with me? Can I still give birth to other sons who could grow up to be your husbands? 12 No, my daughters, return to your parents' homes, for I am too old to marry again. And even if it were possible, and I were to get married tonight and bear sons, then what? 13 Would you wait for them to grow up and refuse to marry someone else? No, of course not, my daughters! Things are far more bitter for me than for you, because the Lord himself has raised his fist against me." 14 And again they wept together, and Orpah kissed her mother-in-law good-bye. But Ruth clung tightly to Naomi.*

Ruth 1:16-18 (NLT) *But Ruth replied, "Don't ask me to leave you and turn back. Wherever you go, I will go; wherever you live, I will live. Your people will be my people, and your God will be my God. 17 Wherever you die, I will die, and there I will be buried. May the Lord punish me severely if I allow anything but death to separate us!" 18 When Naomi saw that Ruth was determined to go with her, she said nothing more.*

IN ORDER TO GET A _____, YOU HAVE TO BE A _____;
IN ORDER TO GET A _____, YOU HAVE TO BE A _____.

Ruth 4:16 (NLT) *Naomi took the baby and cuddled him to her breast. And she cared for him as if he were her own.*

Personal Assessment

FRIEND

In what ways do I demonstrate unshakable character in my friendships?

Am I known for my unconditional love?

How honest am I with my friends? Do I tell the truth in love?

What level of reliability have I shown in my friendships?

ASSOCIATE

Am I considered trustworthy by those I work with or employ?

How do I handle distance in the relationship? Am I fine with very little communication, or do I desire more from a particular individual?

ASSIGNMENT

Am I humble? How so, or why not?

Am I teachable? How so, or why not?

Am I available? Why, or why not?

ADVISOR

Am I capable of teaching discipline and self-restraint?

Do I have the ability to invest time and resources into an individual?

Have I accomplished enough professionally, personally, and/or spiritually to pour into someone else?

Relational Assessment

Part One: Identification

Examine the people in your relational circle. List the names of individuals under the categories that reflect where they currently exist in your life. Pray about and evaluate each name. Place a check mark (✓) by a name that's listed in the proper category. Place an M (for "move") by a name that, based on your reflection and evaluation, you may need to move to another category.

Friends	Associates
Assignments	Advisors

Take some time, however much you need, to reflect on and evaluate these changes. Afterward, review the changes and decide what conversations you will need to have and with whom.

Name of person: Type of conversation (circle): Realignment or Elimination Planned points:

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QUESTIONS TO CONSIDER WHEN DISCERNING YOUR RELATIONSHIPS

Reflection

In the relationship I'm in . . .

What am I feeling? Am I frustrated? Do I feel drained? If so, in what area?

Why am I frustrated?

What am I actually expecting that isn't being met?

What's missing in my life that's needed?

Evaluation (Fruit Inspection)

Where am I in this relationship? (Think about the posture of your heart, mind, and soul.)

What do I need in this relationship? (Be as specific as possible.)

What am I currently getting from this relationship? (Again, be specific.)

What do I need to do to obtain what I need from this relationship? (Think: actual actions.)

QUESTIONS FOR SELF-ASSESSMENT

List ten of your most prominent character traits (consider the ones that people say about you the most—positive and constructive). For example, "You are always on time." "You have a short fuse."

Think about the character traits of the person whose role you are considering adjusting in your life or the person you are looking to add to your life. List at least ten.

Make note of where the traits listed above for you both are complimentary and where they diverge.

In light of this information, are you who the person you are looking for is looking for?

Take a moment to pray over what you've written. Ask God to give you guidance and direction. A follow-up question: Are you who the person in your life needs, according to God's will and purpose for their life?

"Relational Intelligence: The People Skills You Need for the Life of Purpose You Want" by Dr. Dharius Daniels