



# **Creating and Maintaining Healthy Relationships**

# Introduction and Purpose of Workshop

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## What Are Developmental Relationships?

### The **Developmental Relationships** Framework

**Express Care**

Show me that I  
matter to you.



**Challenge Growth**

Push me to keep  
getting better.



**Provide Support**

Help me complete  
tasks and achieve  
goals.



**Share Power**

Treat me with respect  
and give me a say.



**Expand Possibilities**

Connect me with  
people and  
places.





# Who Plays This Role in Your Life?

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- Expresses Care
- Challenges Your Growth
- Provides Support
- Shares Power
- Expands Possibilities



# Building on Your Circle of Support





## Air Mask Analogy





**When  
Helping You  
Is Hurting  
Me**

# The Domino Effect





**“That never happened”**



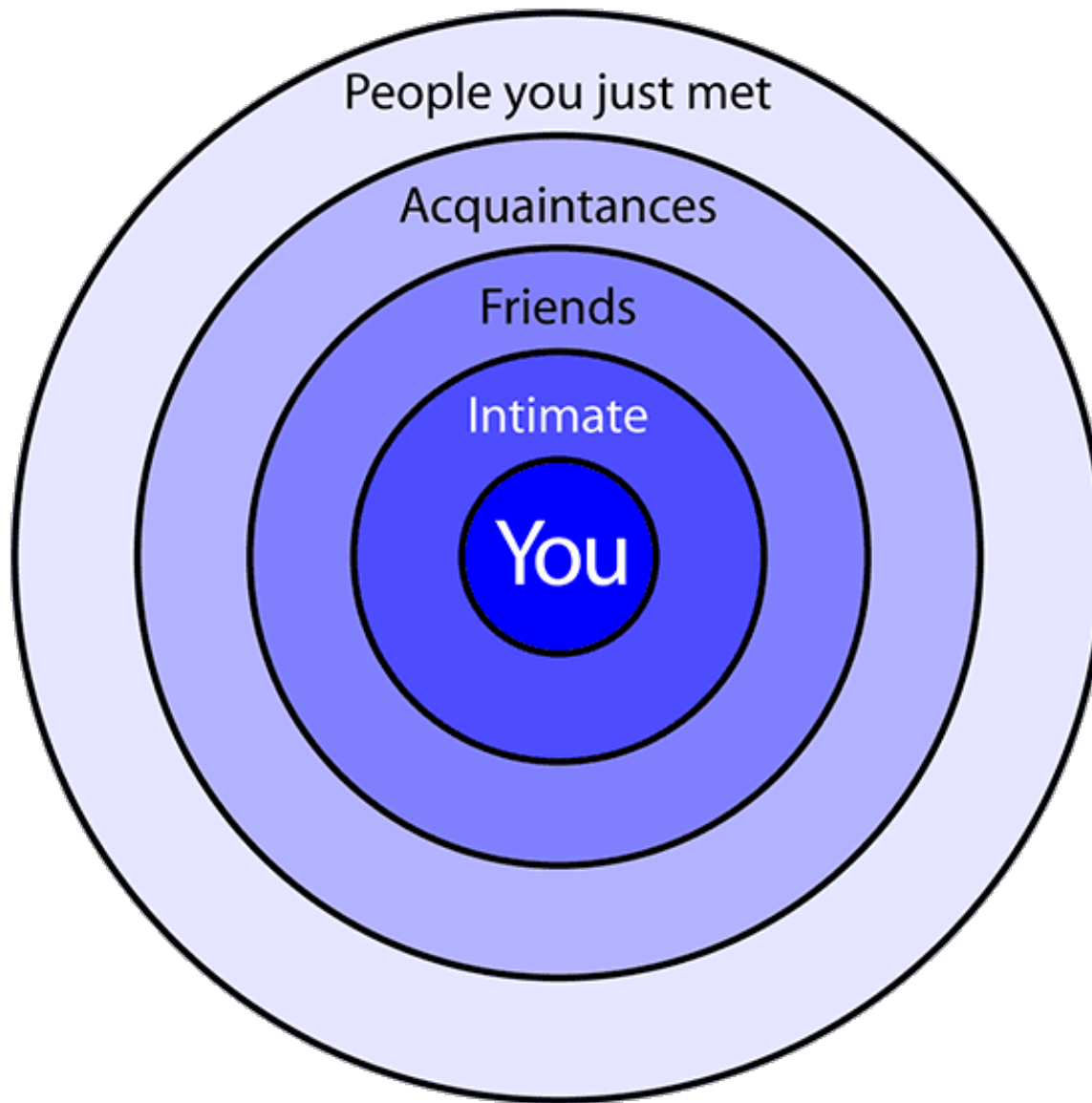
**Tell yourself the truth**



# Forgiveness vs. Reconciliation







**Boundaries**