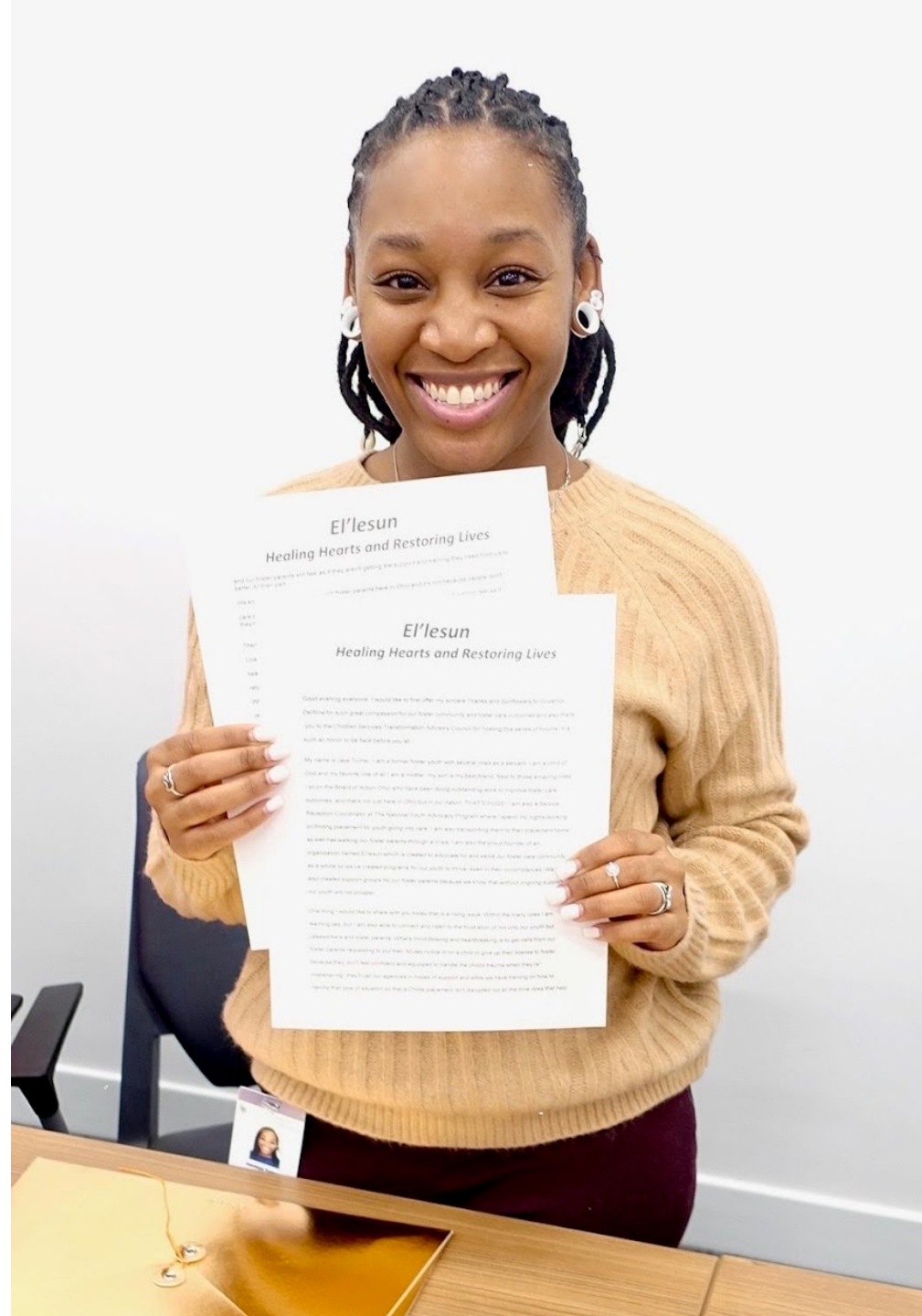




Creating and Maintaining Healthy Relationships

Introduction and Purpose of Workshop



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?

- 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”

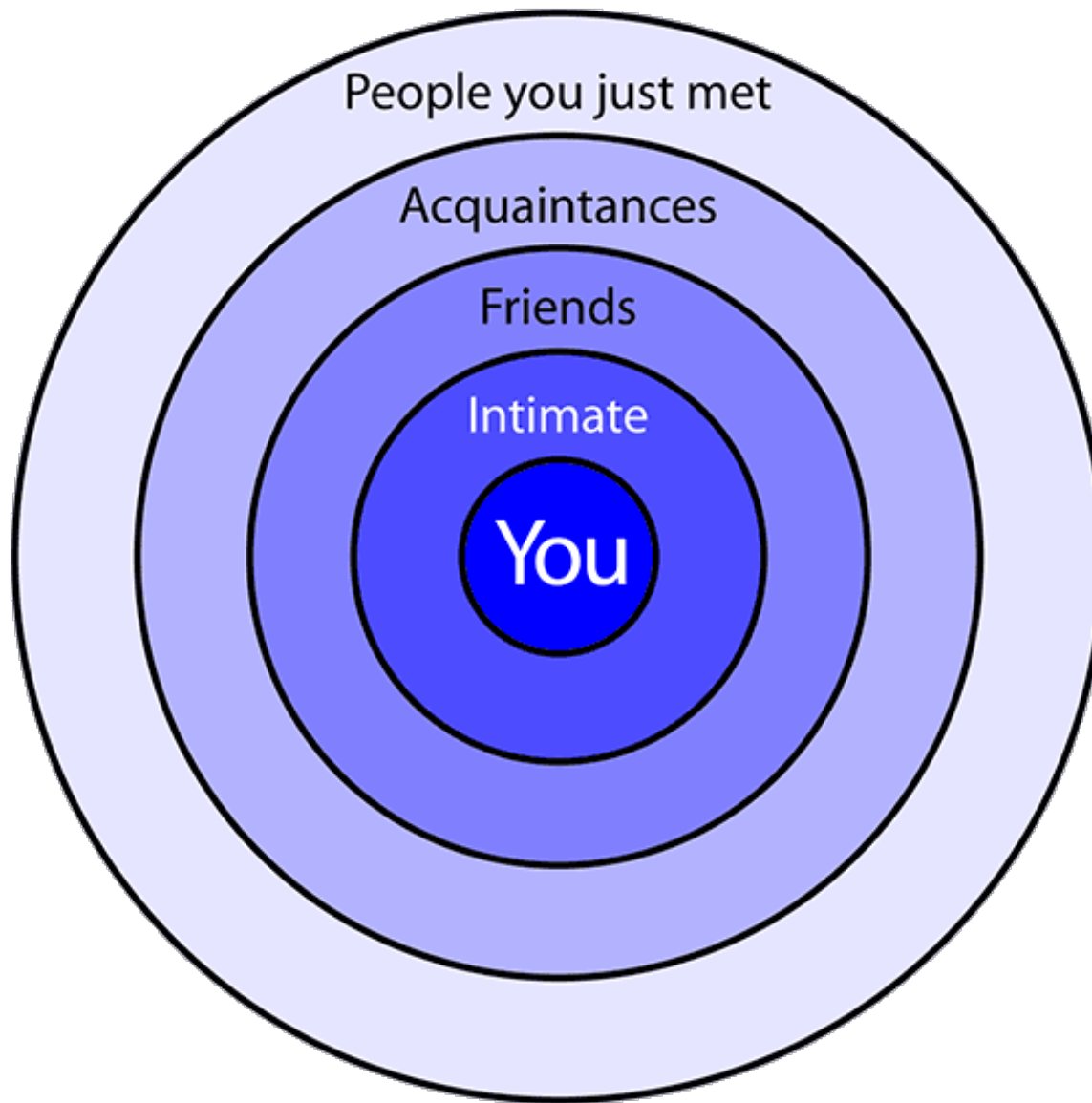


Tell yourself the truth



Forgiveness vs. Reconciliation





Boundaries