

## Spectra Orange Relationships at Home

Identifying Development Needs

True

False

1 I have a good relationship with my partner

2 I have a good relationship with my children

3 I have good relationships with my parents

4 I work well with other people

5 I have good relationships with my friends

6 I have a good social life

7 I am not dependent on other people

8 I balance my time well to accommodate my relationships

9 I am assertive when dealing with people

10 I know how to say no to other people

Total

My Personal Development Needs