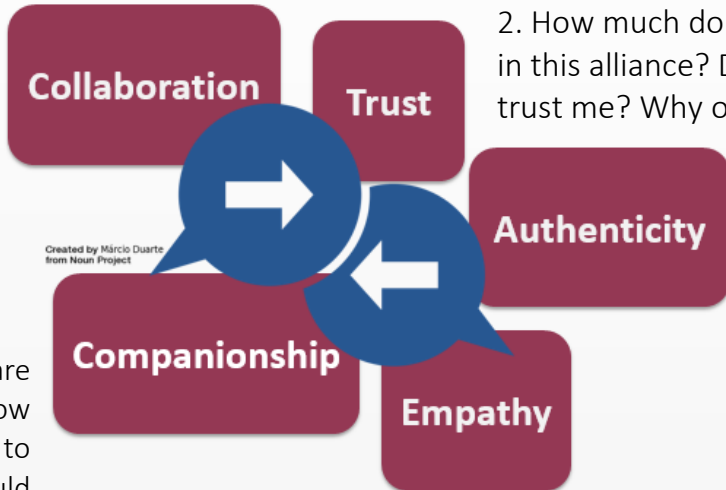


Examining Your Working Alliances

Instructions: Pick someone in your life, ideally a young person you are providing support to, or a colleague, friend, family member, or supervisor. Think about your relationship with them. Then reflect on the following, domains, each for 1-2 minutes.

1. How well are we collaborating? To what extent would _____ feel that it is a true collaboration? To what extent do I think it is?

5. To what extent are we companions? How close do I feel to _____? Would _____ feel the same way? Why or why not?



2. How much do I experience trust in this alliance? Does _____ trust me? Why or why not?

3. How authentic am I able to be with _____? Can I be myself? What do I keep from _____? How authentic is my colleague during our interactions? Why?

4. How empathetic do I feel with/towards _____? When am I not empathetic? Does _____ empathize with me? Does _____ feel validated by me? Why or why not?

1. Collaboration Reflection:

2. Trust Reflection:

3. Authenticity Reflection:

4. Empathy Reflection:

5. Companionship Reflection:

Discuss & reflect with your team or supervisor! What is one area that you might improve upon? How might you do this? What impact will your behavior change have?