

### TRIBE TEST

Think of the 5 most important relationships in your life and answer the following questions for each of them separately.

1. Rate how emotionally safe you feel with this person from 1-10? (1= not at all; 10 = completely)
  - *Emotionally safe* means that you feel your needs are equal to theirs, you feel you can ask for what you need and can tolerate them being upset or disappointed with you, without needing to compromise your own needs in order to appease them.
2. What do you contribute to the relationship? What do you do to maintain the relationship?
3. What do they contribute to the relationship? What do they do to maintain the relationship?
4. Who initiates contact?
  - How often?
  - Is this to your satisfaction? Or would you like more or less?
5. Who directs what happens in the relationship? (ie. where you meet, what activities you do, etc.)
6. When was the last time you re-negotiated your relationship? (changed some element of how you engage, for instance, what you talk about, where you meet, etc).
7. What relationship transitions have you had since you have been connected? (Bumps, for instance, someone going away to school or getting into a relationship and that changing the dynamic).
  - How did you navigate these?
  - Are you happy with how these were handled? If not, what would you have preferred?
8. How do you play together? How often do you do this?
9. How else do you engage? What are your common interests or topics to engage around? (ie. do you talk about others, problem solve family matters, talk about personal growth, cooking, work, etc.)
10. How often do you engage in shared activities (ie. movies, dinners, cards)?
11. How often do you share your feelings with them?
12. How often do you engage in sharing your values?
13. Are you able to disagree with them or share concerns or disappointments about your relationship with them?
  - How do they respond when you do?
14. Rate how responsible do you feel for their feelings and/ or actions from 1-10? (1= completely responsible; 10= I see them as a capable person who is responsible for their own emotions and coping).
15. How do you speak about this person to others?
  - How do they speak about you to others? (If you are not sure, leave blank or make an educated guess).
16. Rate how much time and emotional energy are you currently investing in this relationship? (1= very little; 10= a lot).

<u>?#</u>	<u>Person 1</u>	<u>Person 2</u>	<u>Person 3</u>	<u>Person 4</u>	<u>Person 5</u>
1.					
2.					
3.					
4.					
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6.					
7.					
8.					
9.					

10.					
11.					
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14.					
15.					
16.					