



ACTIVITY 1
Relationship Appreciative Inquiry

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Relationship appreciative Inquiry is a process of recognizing the best in another person, reflecting on it and then saying or doing what you can do to foster your relationship and bring out the best in them.

Your Name _____ Their Name _____

	Question	Your Answer and Reflections on the Question
1	Why are they important to me?	
2	Why am I grateful to or for them?	
3	What do I appreciate about them?	
4	What strengths do I see in them?	
5	How can I best support them?	
6	How can I help them be their best, reach their goals, and be happy?	
7	What can I do to try to reduce or heal any wounds between us?	
8	What is the best gift that I can give to them?	
9	If they or I were to die tomorrow, what would I want to be sure to say to or do for them?	
10	Based upon my answers and reflections, what can I say or do to foster our relationship and their well-being?	