

UNstrong

UNcaping

Self-assessment

Truth/Transparency

Resilience

Own your ish

Network

Go/Goal Setting





Characteristics of a

STRONG FRIEND

- In charge of everything (strong leadership skills)
- Highly responsible (or at least seems that way)
- The one everyone calls on for help.
- Organizer of all family functions
- The reasonable one
- Great giver of advice
- Never seems upset/bothered/overwhelmed
- Looks to have everything under control (doesn't need outside help)
- Need a break, but is afraid that things will fall apart without them
- They can have many siblings but parents only call on the them



Strong Friend Assessment

WHICH CHARACTERISTICS DO I IDENTIFY WITH AND HOW?

- _____
- _____
- _____
- _____

WHICH ONES NO LONGER SERVE ME?

LIST THE ONES THAT YOU WANT TO CONTINUE.

HOW HAVE I ALLOWED THESE CHARACTERISTICS BE A WEAKNESS?

WHAT AREAS/PROJECTS CAN I DELIGATE TO OTHERS AND TO WHO?