

Interaction Wheel

Directions: Write your name in the center of the circle. Print at the tip of each line the name of a person who is currently involved in your life. You may add more lines to the wheel if needed. Then, using colored pencils (red/blue/green), draw the indicated symbols as they relate to the appropriate person's name. This activity will help you to evaluate the interaction you have with each person in your life.

Draw (on the line between your name and the appropriate person):

- A blue circle for the 5 people you love the most (limit 5)
- A red circle for the 5 people you like the least (limit 5)
- A green circle for your best friend (limit 1)
- A blue triangle for the person you trust the most (limit 1)
- A red triangle for the person you trust the least (limit 1)
- A green square for the person(s) you spend most of your time with (unlimited)
- A blue square for the person(s) you would like to spend most of your time with (unlimited)
- A red square for the person(s) you would like to spend less time with than you are forced to (unlimited)
- A green star for the person you would feel most comfortable going to with a serious problem (limit 1)
- A blue star for the person you find most interesting (limit 1)
- A red star for the person you find most boring to be around (limit 1)
- A blue rectangle for the person who is most friendly to you (limit 1)
- A red rectangle for the person who is least friendly to you (limit 1)
- A green rectangle from the person that is most encouraging to you (limit 1)
- A blue hexagon for the persons you feel have the strongest positive influence on you (unlimited)
- A red hexagon for the person(s) you feel has or has had the poorest influence on you (unlimited)
- A blue cross on the line of the person(s) who make you feel good about yourself (unlimited)
- A red cross on the line of the person(s) who make you feel bad about yourself (unlimited)

Now, draw the following symbols around the name of the person you feel best fits these descriptions:

- A blue circle around the name of the person you respect the most
- A blue square around the name of the person you would most like to trade places with
- A green square around the name of the person you feel would be most able to give you advice about your future
- A red circle around the name of the person you are most likely to lose contact with first
- A blue triangle around the name of the person you find most exciting
- A blue star around the name of the person whose approval of you is most important to you
- A green star around the name of the person you think is the wisest

Interaction Wheel Evaluation

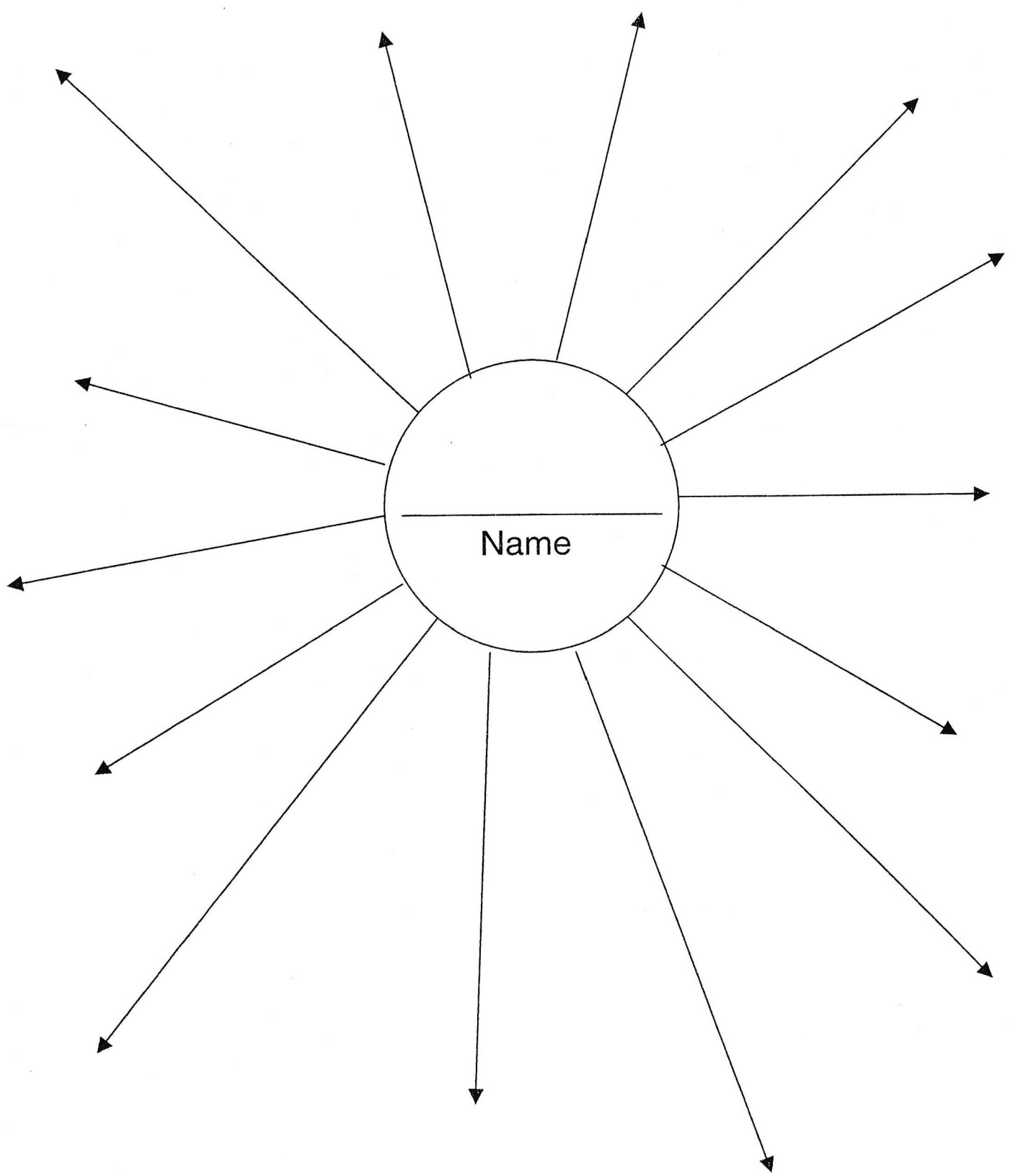
The **blue** symbols generally indicate people that you have strong, positive relationships with.

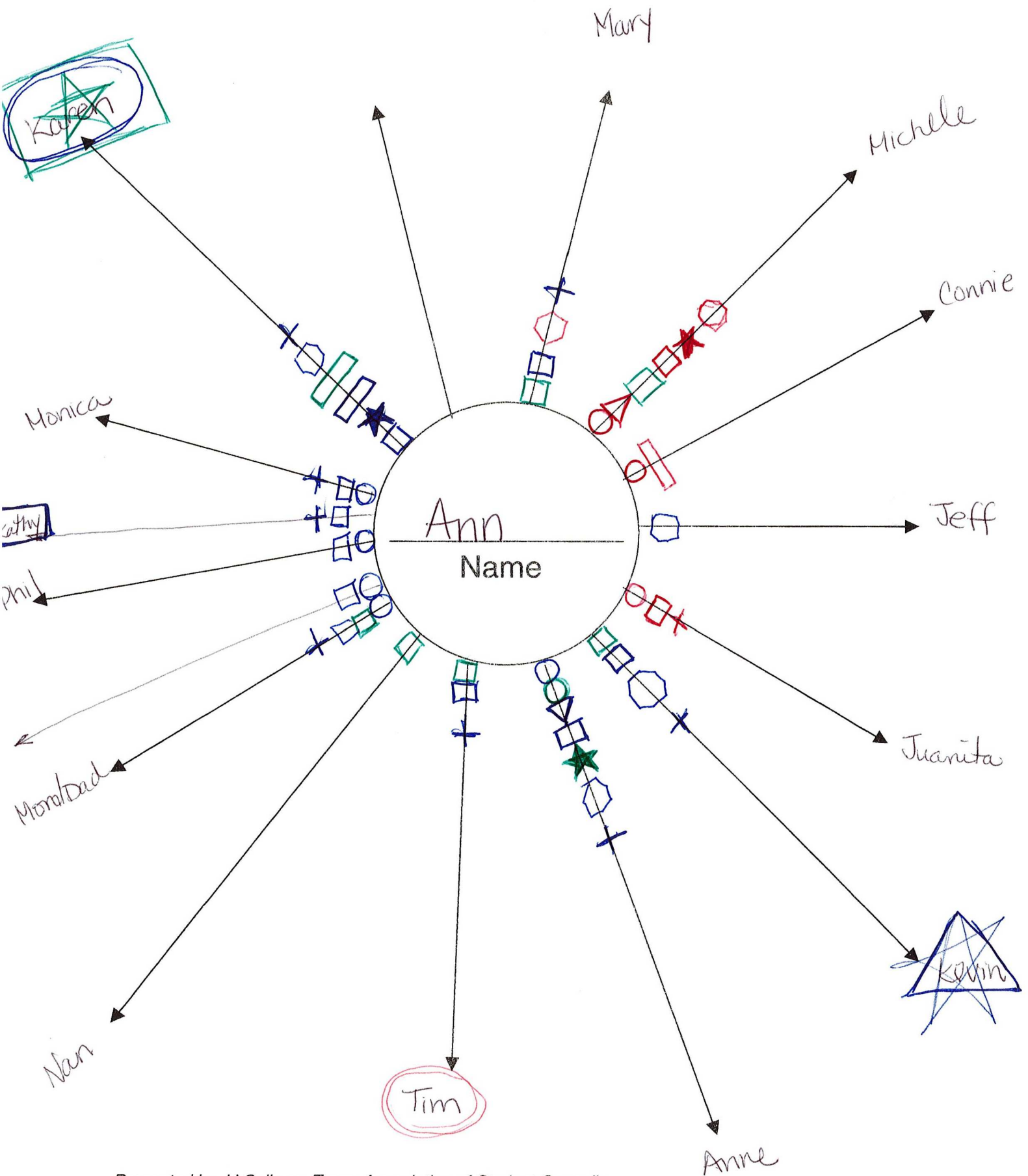
Green symbols indicate people that you have a special relationship with or the relationship is in some way unique in your life.

The **red** symbols usually indicate poor relationship or an element of negativity in the relationship.

Discussion questions:

1. Are there people on your wheel that are marked with more than one color? What are some possible explanations for this?
2. Look at the people who marked primarily with green and blue. Do you spend most of your time with these relationships? If not, this could explain some of your day-to-day frustrations.
3. Do the people who are marked primarily with green or blue know the role they play in your life? Think about sharing some of this with these individuals.
4. Look at the people marked with red. What can you do to address the influence of these relationships in your life? What can you do to improve these relationships?





① - strong positive relat w/

② - special relationship w/
unique

③ - poor / negativity in relationship
"toxic" element