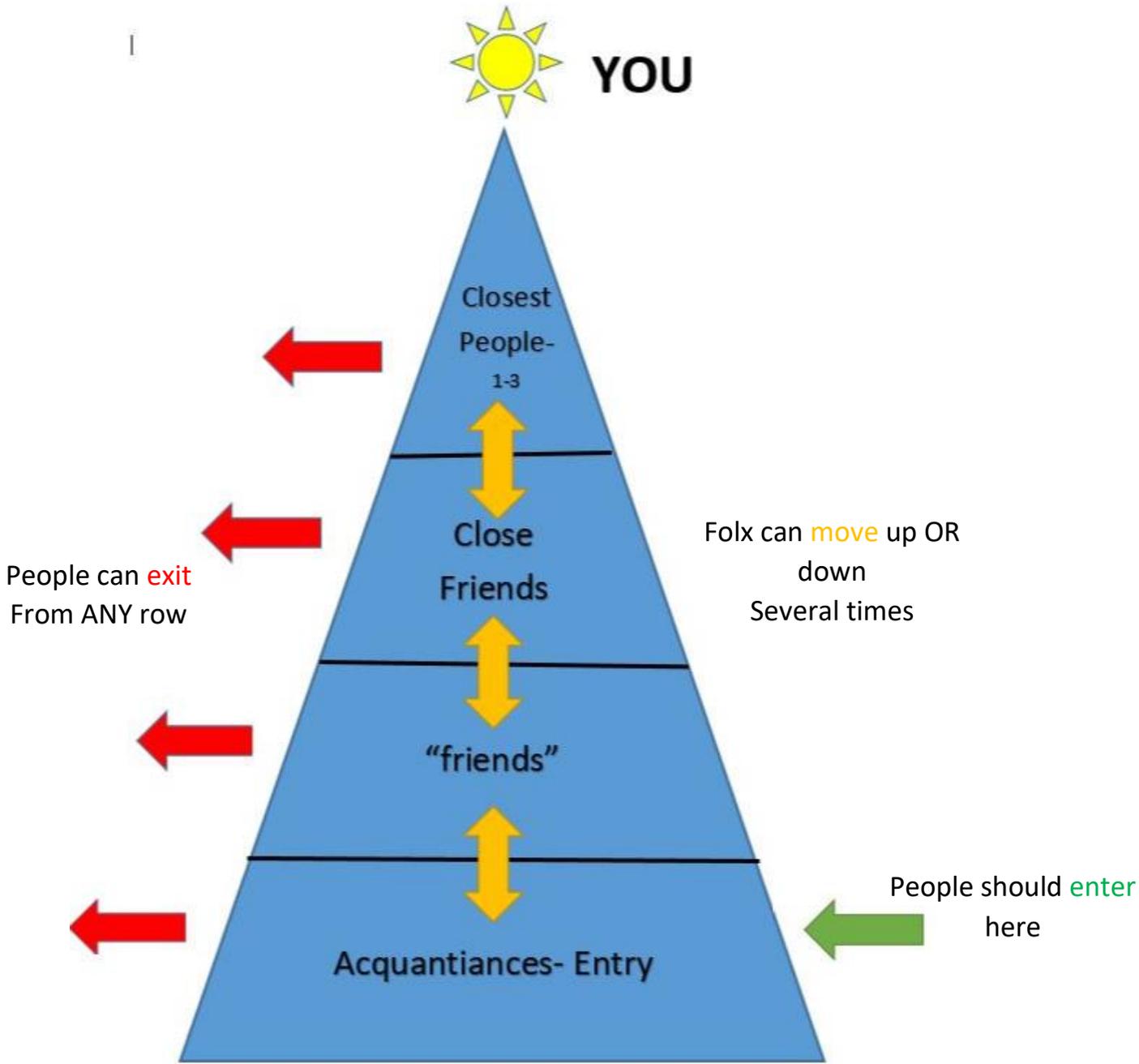


Roling- Relationship Pyramid



Roling Relationship Pyramid – Michelle Roling, LMHC, CEDS-S

Understanding YOUR Pyramid, Level by Level



This is YOU. You are at the top of your own pyramid. When the relationships in your life are in balance the people in your life are supporting you, lifting you up, encouraging you to be the best version of yourself.

CLOSEST **People**

You can ONLY support up to 3 people at this level of closeness in your life. These are the people who know everything there is to know about you. They would be there for you 24/7 and you would be there for them in the same way. i.e. I just picked up coffee for us and I'm on the way to your house.

CLOSE **People**

These are people who have passed the test of time, you know them well and enjoy a lot of similarities with them. Being with them is easy and does not require much effort. You feel comfortable talking about most subjects with them and trust they would tell you if they were upset/concerned. i.e. When are we getting together for a cup of coffee?

"friends"

When you think about the "class/club" ending you realize you'd miss these folx. You are interested in knowing more about them outside of the area you met. i.e. We should get together for a cup of coffee.

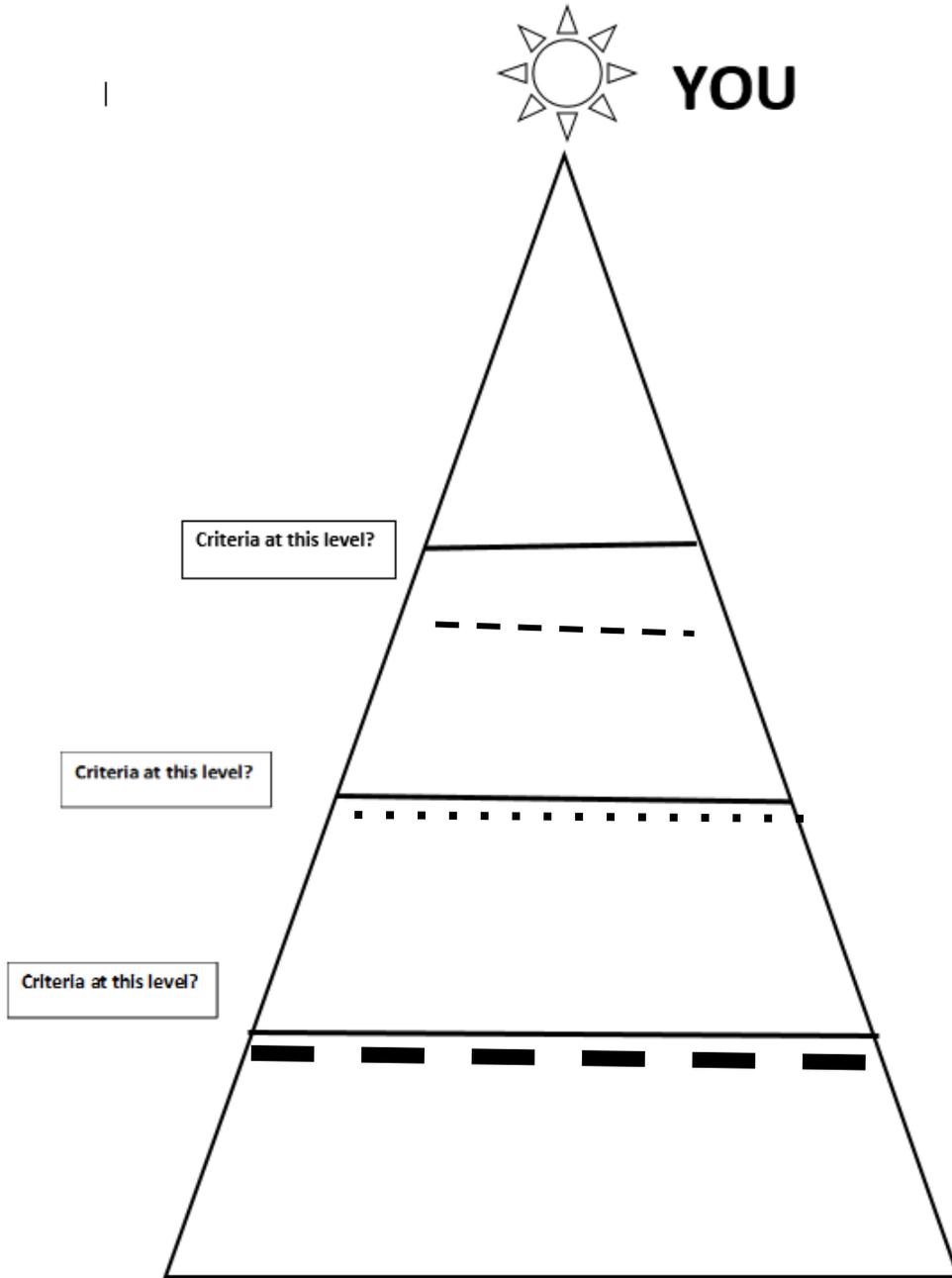
Acquaintances- ENTRY

These are folx you meet due to a "season" or "circumstance". You are in a club or class together. Then when that event/time wraps up most of them pass on through; however, there are individuals who you realize you will miss seeing on a regular basis and you want to find ways to spend time together—that means- they have met some important criteria in your life and are moving to the next row of the pyramid.

What do each of the lines indicate?

YOUR preferences: The dividers= characteristics/values/interests/ethics/spirituality/priorities

YOUR working space: use a pencil and write in the names of people AND the criteria which sets them apart from other levels



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