

Part 2

Reviewing your social network

In part I of the exercise, you obtained an overview of how your social network is currently doing.

Part 2 now helps you to analyze what you want to change.

The following questions can help you with this:

- In which categories (such as family, friends, acquaintances, fellow students, school friends, perhaps colleagues at work) do you have sufficient satisfactory contacts? Are there any categories where you would like to have more?
- Is there anyone in your social network with whom you would like to intensify or refresh your relationship?
- Is there anyone you would like to see more often? Or less often?
- Is there anyone that is not doing you good, or makes your life more stressful? Who do you like to distance yourself from? Which relationships would you prefer to end?
- What do you need to pay attention to in order to improve certain relationships in the future? (such as becoming more dependable or setting your own boundaries and saying “no”)
- Are there any existing conflicts that you would like to address/resolve?