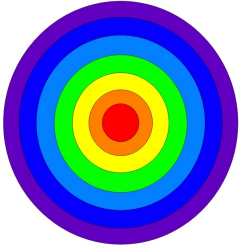
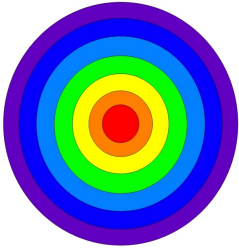


# 7 Relationship Rings



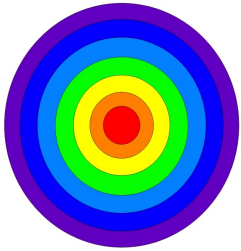
1. My Core Relationship to God/Life/Energy
2. My Intimate Relationships
3. My Family Relationships
4. My Friends and Work Relationships
5. My Community Relationships
6. My Country Relationships
7. My World Relationships

**Adult Relationship Rings**



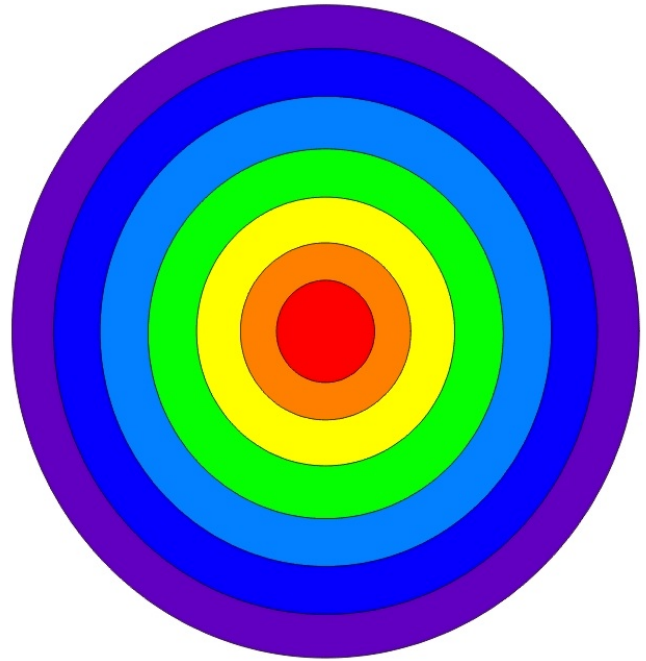
1. My Core Relationship to God/Life/Energy
2. My Family Relationships
3. My Friend Relationships
4. My School and Work Relationships
5. My Community Relationships
6. My Country Relationships
7. My World Relationships

**Teenage Relationship Rings**



1. My Core Relationship to God/Life/Energy
2. My Parent Relationships
3. My Sibling Relationships
4. My Friend Relationships
5. My School Relationships
6. My Community Relationships
7. My World Relationships

**Childhood Relationship Rings**



**The Relationship Rings work because they build from the inside out, a safe and secure place to share: Unconditional Love, Open Communication, Freedom to Feel and Express one's Feelings.**

**There is a distinction between Childhood and Teenage years because of the various levels of focus in Childhood and Teenage years.**

**The Childhood rings focus primarily on Family.**

**The Teenage Rings focus build out from family into the community.**

**Adult Relationship Rings allow us to share our Core Strengths even further out into the world.**



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