

# Caring People ~ Caring Relationships



## Part 1

Who in your life helps you feel good about yourself? Think about family members or friends, regardless of how long they have been in your life. They may be part of your life right now or they may no longer be involved in your life.

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## Part 2

What are some things these people have done to make you feel good about yourself? How did they treat you? What are some qualities they have or had? Describe some of the ways they treated you or encouraged you to feel good about yourself.

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