



‘I enjoy relationships with others’

Journal 6 in our ‘I Statement’ Series

This journal belongs to:

Date started:



'I enjoy relationships with others.'



This journal is all about the relationships we have with people. You can take a look at what makes a good relationship, and think about the people you enjoy good relationships with. If you would like to, there is also space to think about ways you can make new friends.

Write about a person who is really important in your life. Why are they important to you and why do you enjoy their company?



What does having a 'good relationship' mean to you?

What makes a relationship enjoyable? Think about things like being able to trust someone, showing each other respect, being interested in the same things and having a similar sense of humour.



"They listen to me, and I listen to them."

"We enjoy spending time together"

"I can be myself with them"

The people in my life

People can enjoy good relationships with friends, family, their partner, staff members at their service and other people they may see regularly like health professionals.

You can use this space to draw yourself and to draw or write the people in your life.



People I see regularly
in my community, like my
neighbours and members
of clubs I go to

Good friends,
extended family

Immediate
family

Draw yourself here

How To Meet New People

You can make new friends in lots of ways. For instance, by going to events or taking part in activities you enjoy, you can meet more people with similar interests to you.



Would you like to meet new people?

Have a think about where you could meet new people and write your ideas below:



Ideas: Community events or festivals, local clubs or hobby groups (e.g., book club, sports team, art class) or volunteering opportunities

My Friendship Plan

Think about friends you would like to spend time with this month. Write your plans below. Here are some questions to help you:

- Who do you want to spend time with?
- What will you do together?
- Where will you go?
- When will you meet?



Get Creative

This journal is about enjoying relationships with others. Use this space to write, draw, doodle, collage or add anything that shows the relationships that matter most to you.



**Creative
Mission
Competition**

We are bringing back our
Creative Mission Competition for 2026.

Send us a picture of the back page of this journal
for your chance to win a We Care Hoodie!

Send your work to **marketing@creativesupport.co.uk** to be
entered into our monthly Creative Mission Competition.