WORKSHEET Who Fills Me Up

Think of the five to eight people you see or talk to most. Fill in one block for each person, and print a second copy of this page if you need more room.

Name: _____

After time with them I feel: ☐ fuller ☐ about the same ☐ drained
Do they ask about my life? ☐ often ☐ sometimes ☐ rarely
Can I say no to them without trouble? ☐ yes ☐ not really
One step: ☐ more time ☐ less time ☐ an honest conversation ☐ no change

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