# Person-Centered Thinking and Planning: Relationship Map

Jeff Garrison-Tate: You should have in front of you this slide. If you'll put your name in the middle of the target, and then you'll notice it's laid out in quadrants. You have, looking at it from this way, people who support you at work or at home. Those are people that you know at school, you know at work, and maybe you're volunteering in an organization. That's that quadrant. Up here is family. Down here is friend. And over here it's people that are paid to be in your life. So we have of course the circles, and the circles are ways to define folks in terms of proximity of your relationship with them. So when it comes to family, who are the closest people in your life? If they weren't in your family, you'd be devastated. And then maybe you have family that are uncles and aunts that you only see every once in a while, and they go up here. Or frankly, there may be somebody in your family that you don't like, and they're way out here. Friends are the same way. So it's a way of looking at people in your life. And over here again, who is it that may be friends but are also work friends, or in school, your colleagues, your teachers maybe you're close to. And over here it goes back to what I asked earlier, who do you have paid to be in your life? Do you have anybody right here that's right next to you that's paid to be or are they way out here? You know and there are. I've met people that say, "Hey, I went to the same barber every Saturday. My grandfather did, my father did, and we pay him, but he's really dear to my family." And so he did get there. So you all think for a minute, and I'm going to give you a couple of minutes to fill out your relationship map.

And see the people that are in your life that you put together in about two minutes. This is your gold; this is your money. This is what usually is really important to people in their relationships. How many people did you have in the quadrant that were paid to be in your life? Anybody have anybody? You had one, okay great. Good! Do you have as many people here as you have in your family, friends, and other folks? Okay, great. I want you to imagine, this isn't necessarily a beautiful image, but just think for a minute that boom, everybody is gone from your relationship map except for those people that are paid to be in your life. The only people you have are people that are paid. That's kind of a depressing thought. But there are people with disability labels. Sometimes they're students exiting school who maybe in foster care, who may have few people other than family. It's a very vulnerable place to be. So this is a discovery skill about what relationships a person has. If the goal is to get everybody down the arrow, where they're living in their world as they define it and community, and yet they don't have anybody. The work is then to fill it up. So this is actually an assessment of relationships. You'll find out who's there. Maybe the person has a lot fuller map, and all those people become resources to discovering more about that person.