

TCKS AND RELATIONSHIPS

for Young Adult TCKs

Think about your friendships over the past 1-2 years. Write down several names and check the boxes that apply.

NAME	CLOSE FRIENDS?	MANY FIGHTS/ARGUMENTS?	ARE THEY A TCK?

Do you notice any patterns?

How did you decide who a "close" friend is?

Are most or none of your friends TCKs?

Do you have more fights with non-TCK friends?

Use the patterns you've found to think through your relationships. Are there healthy or unhealthy trends?



TCKS AND CORE RELATIONSHIPS

for Young Adult TCKs

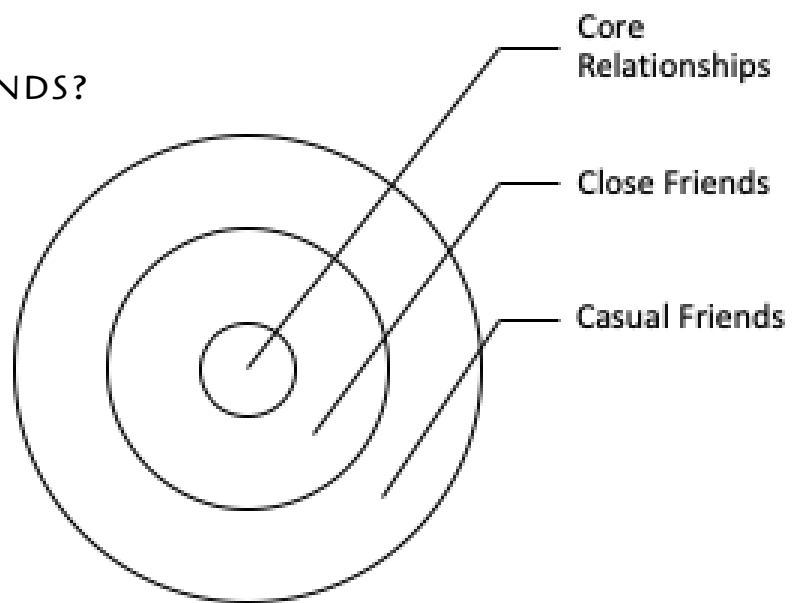
According to anthropologist Robin Dunbar, human brains have a limit on how many meaningful relationships they can keep track of. This gets tricky for TCKs! Use this worksheet to inventory your current relationships.

WHO'S IN YOUR CORE?

- 1.
- 2.
- 3.
- 4.
- 5.

WHO ARE YOUR CLOSE FRIENDS?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.



HOW OFTEN DO PEOPLE MOVE IN AND OUT OF THE CORE AND CLOSE CATEGORIES?

DO YOU HAVE TOO MANY PEOPLE IN THE CATEGORIES? NOT ENOUGH?