

Cultivating Resonant Relationships: Handout

Meaningful, trustworthy relationships are important for emotional well-being. These relationships are referred to as resonant relationships, and they make us feel understood and accepted. Importantly, resonant relationships can serve as a buffer against stress and demands in our day-to-day lives. A relationship that does not share these characteristics is referred to as a dissonant relationship.

Instructions: Think of three individuals with whom you share a resonant relationship with. List at least three qualities for each individual which makes your relationship with them a resonant one. Then, think of one individual with whom you share a dissonant relationship with. List three qualities of that makes your relationship with this individual a dissonant one. Finally, make it a point to this weekend to spend more time with one of your resonant relationships!

