

# MY TRIBE TREE



1. Think of five friends or people in your life you consider to be a part of your tribe.
2. On each leaf bunch below, write the name of each person along with five words that best describe that person. The words you choose can be positive or negative and should sum up that person and what they mean to you.
3. Take a look at the words on your Tribe Tree. Put a \* next to the words that describe strengths you share, and an X to mark the negative traits you share.
4. Think about how you might use boundaries to reduce how many negative traits appear on your tree.
5. On each branch, write the names of people who have more of the strengths you'd like to see in yourself, whether you are friends with them or not.
6. Colour in the branches of three people on your tree you'd like to spend more time with

