



Reflection:

Relational Intelligence



From the podcast:

The Human Story

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Relational Intelligence- Seeing People Clearly

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“The quality of your relationships often mirrors the quality of your awareness.”

Relationships shape nearly every part of our human experience our homes, friendships, workplaces, leadership, parenting, faith, and sense of belonging.

In this episode, we explored a powerful truth:

Relational intelligence is not just about how you understand others... it begins with how aware you are of yourself.

This worksheet is an invitation to slow down, reflect honestly, and begin strengthening the way you show up in your relationships.



1. Looking Inward - The Self Before The Relationship

Before we can relate well to others, we must become aware of what we bring into every interaction—our stories, wounds, habits, fears, expectations, and strengths.

Reflect:

1. What is the “unofficial résumé” I bring into relationships?

(Family experiences, past hurt, trust issues, beliefs about love, conflict, leadership, authority, etc.)

2. When I feel misunderstood, ignored, or challenged... how do I usually respond?

- ☐ Withdraw
- ☐ Defend
- ☐ Become critical
- ☐ People-please
- ☐ Become silent
- ☐ Stay present and curious

What does this reveal about me?

3. Where in my life am I being invited to grow emotionally, not just perform?



2. The Quality of my Relating

Relational intelligence asks:

Am I creating energy in relationships... or draining it?

Think about your current relationships.

Who energises you?

People you leave feeling encouraged, seen, inspired.

Now ask yourself honestly:

What kind of energy do I leave behind in others?

After people spend time with me, do they feel...

- ☐ Heard
- ☐ Safe
- ☐ Encouraged
- ☐ Respected
- ☐ Judged
- ☐ Drained
- ☐ Unsure
- ☐ Inspired

What stands out?

3. Relationships Have Purpose

In the episode we explored three types of relationships:

Reason. Season. Lifetime.

Reflect on the important relationships in your life right now.

Who is in my life for a reason?

(Work, learning, growth, assignment, opportunity)



Who is in my life for a season?

(A chapter of growth, healing, transition, challenge)

Who are my lifetime people?

(Those who know me deeply and walk with me intentionally)

Am I giving each relationship its appropriate boundaries?

- ☐ Yes
☐ Sometimes
☐ Not really

What boundaries may need attention?

4. Relational Intelligence in Practice

Relational intelligence isn't just knowledge it's practiced courage.

This week, where can I intentionally practice:

Compassion:

--

Better Listening:

--

Being interruptible:

--

Bringing heart into leadership, parenting, friendship, or marriage:

--

Having a difficult but honest conversation:

--



5. The Human Story Challenge

This week, choose one relational act of courage:

- ☐ Apologise sincerely
- ☐ Initiate a meaningful conversation
- ☐ Put your phone away during connection
- ☐ Listen without fixing
- ☐ Thank someone who often goes unnoticed
- ☐ Set a healthy boundary
- ☐ Offer encouragement
- ☐ Rebuild trust through one small action

My commitment this week:

“I choose to practice relational intelligence by...”

Final Reflection

“Relationships may not always become easier...

but with awareness, compassion, and courage, they become more meaningful and far more bearable.”

Continue the Journey.

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