Identify three relationships in your life. These could include family, friends, co-workers, etc. Identify which of step in Knapp’s Staircase Model of relationship and dissolution you think the relationship is currently on. Then, identify the step you think the relationship was on before it got to this step.

|  |  |  |  |
| --- | --- | --- | --- |
| # | Initials | Current Step # and Name | Previous Step # and Name |
| 0. | TS | 8: Stagnating | 9: Avoiding |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |

What action could you take in the relationship to continue moving it in the direction it is going?

1. Your answer here.

2. Your answer here.

3. Your answer here.

What action could you take in the relationship to change the direction it is going?

1. Your answer here.

2. Your answer here.

3. Your answer here.