

6 Different Types of Relationships

Knowing the type of relationship you have is a great way to understand the way to maintain it.

Parasocial

This is a one sided relationship where one person is deeply attached and the other person is not. Examples would be like “loving” a Movie Star or an online personality.

Familial

This is your family: Mom, Dad, siblings, grandparents. Anyone who is a part of your daily care and homelife would be a familial relationship.

Professional Therapeutic

The relationship you have with people you work or volunteer with. A Therapeutic Relationship can also be a professional relationship with a paid support person or therapist.

There are SIX different types of relationships

Romantic

A relationship based on emotional and physical attraction. This is a intimate relationship that provides companionship and support.

Acquaintance

This is someone you know, but they are not a close friend. They can be classmates, people you see at church, or even friends of friends.

Friendship

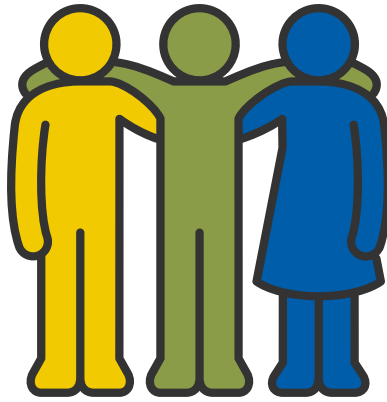
This is a close and personal bond you have with someone else, that does not include physical intimacy. This relationship is based on respect, caring, and support.

Relationships

Understanding Friendships

You are on a journey and the things you like to do and spend time on will change.

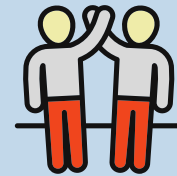
You and your friends will also change over time, and that's ok.



THINGS A FRIEND WOULD NOT DO

- Ask for money
- Call you names
- Hurt you physically or emotionally
- Keep you away from family or friends

70 % of people with disabilities experience some form of abuse



Maintaining a Relationship

- Take the lead, reach out once a week
- Make your friend feel special by listening
- Always respond to texts

FRIEND CHECKLIST



Is this person trustworthy AND dependable?



Does this person listen to me?



Does this person make me feel good about myself and I'm happy with them?



Do I feel like my opinion is important to this person?

For help, reach out to someone you trust. This could be a teacher, a caregiver or family member, counselor, mentor, or you can call the National Domestic Violence Hotline 800-799-7233 or text 88788

My Relationships

Think about all the people you spend time with in your life, and put them in the correct category.



Familial

Friendship

Parasocial

Professional

Acquaintance

Romantic

