

Developmental Relationships Inventory

Directions: Reflect on how much attention you give to the actions listed below in your relationships with young people. Click the box that reflects your most honest answer. Then, complete the strengths and areas of growth reflection below.

Elements of Developmental Relationships		Almost No Attention	A Little Attention	A Fair Amount of Attention	A Lot of Attention	Almost Constant Attention
Express Care	Showing them that they can trust me	☐	☐	☐	☐	☐
	Giving them individual attention	☐	☐	☐	☐	☐
	Making them feel known and valued	☐	☐	☐	☐	☐
Challenge Growth	Setting high expectations for them	☐	☐	☐	☐	☐
	Helping them learn from mistakes & failure	☐	☐	☐	☐	☐
	Holding them accountable for their actions	☐	☐	☐	☐	☐
Provide Support	Guiding them through hard situations	☐	☐	☐	☐	☐
	Building their self-confidence	☐	☐	☐	☐	☐
	Standing up for them when they need it	☐	☐	☐	☐	☐
Share Power	Taking their ideas & opinions seriously	☐	☐	☐	☐	☐
	Involving them in important decisions	☐	☐	☐	☐	☐
	Letting them take the lead	☐	☐	☐	☐	☐
Expand Possibilities	Inspiring them to see future possibilities	☐	☐	☐	☐	☐
	Exposing them to new ideas	☐	☐	☐	☐	☐
	Introducing them to new people	☐	☐	☐	☐	☐

Directions: Looking at your intentionality tool inventory above, identify the elements that present your greatest strengths (i.e. the element(s) or action(s) you pay the most attention to) and the greatest opportunity for improvement (i.e. the element(s) or actions you pay the least attention to). Reflect on why you think these are your current reality.

	Elements/Actions	Reflections
Strengths		
Areas of Growth		