

# P.I.E.C.E.S. of my Relationships

## Who I am

\_\_\_\_\_ My name is \_\_\_\_\_. What is yours?

Is this the name you use most often?

Where are you from?

Where were you born?

Who are your parents?

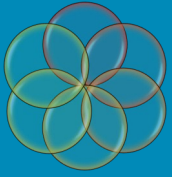
Have you ever raised or taken care of an animal? What did you call them? What was their name?

Who is it in your life who comes to help you do what you need to do?

Is there anyone who is the leader, who everyone in the family listens to, who is trusted to look after all of your affairs?

Is there anyone who comes around to take you on outings?

Who is it that tells you not to climb up steps to reach up high on your own?



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## A Day in my Life

Are you happy to eat with others?

What foods taste good to you?

What foods don't taste good to you?

Are there any foods that don't look good or feel good in your mouth?

Do you sleep well?

When do you go to sleep, or lay down?

What do you do to prepare before going to sleep?

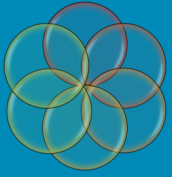
When do you wake up, or get up?

What do you like to do when you get up in the morning?

Are you happy with visitors?

What do you enjoy doing while visiting?  
(watching TV, playing cards, or something else?)

What do you try to do when you are feeling lonely?

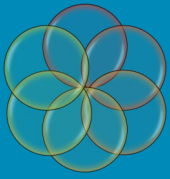


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## What Keeps Me Going

Of all the things that kept you busy in your life, what did you enjoy the most?  
How about in Spring? Summer? Fall? Winter?

What kinds of things were you very good or gifted at?



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## How to Keep Me Safe

What memories do you carry in your heart?

Is there something that you have a fear of or that scares you?  
(like a spider, snake, or other superficial fear)

Do you have a deep down fear?

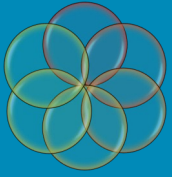
Do you ever use smudging to clean your home?

Are there sounds you don't like?

Is there anything you find bothers you, makes you uneasy, worry, or frustrated?

How can others tell when you're feeling sad, frustrated, angry, worried, or lonely?

What are the things that can be done or said help you feel comfortable?



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## How I Care for My Whole Being

What are some of the things you did when you were sick? What about now?

What are some of the ways you express you are thankful?

Do you need some sort of support when you pray? With rosary, tobacco, traditional offering, hymn books, prayer books in syllabics, singing songs in your language, or prayers in your language?

When do you prefer to be alone?