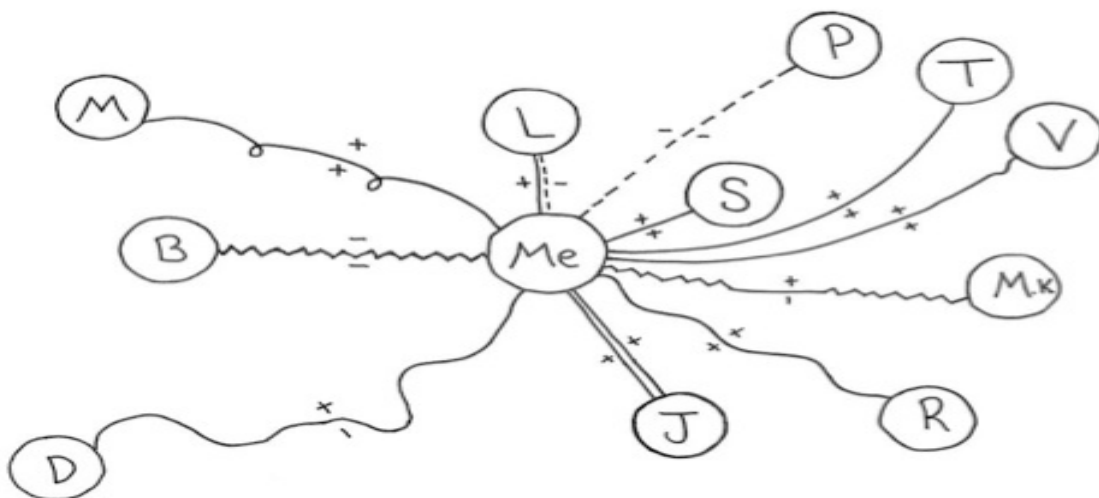


# SOLAR SYSTEM

The Solar System exercise gives participants a visual snapshot of their relationship constellation. It gives them information on who is in their life and how close they feel to those people, as well as an opportunity to express for themselves some of the qualities, strengths and challenges of their individual relationships. More than anything, the Solar System offers a bird's eye view of our relationship life, and this perspective can bring valuable new awareness.

1. You are the center of your universe. Label a circle in the middle of your paper with your name, or ME.
2. **Choose 4-8 people** in your life, who are closest to you. Plot them on the paper at a position and distance significant to you. Draw circles (or other shapes) around them.
3. **Draw lines** connecting you to these different people. These lines are like spokes on a wheel connected to you. These lines can be thick and bold, thin, jagged, dotted, loopy, any line you want. This is an opportunity to draw lines that represent an aspect of the connection you have to different people. For example, if my relationship to a specific person is hot and cold, I might draw a dotted line to show both connection and distance.
4. Next, we will **illustrate the energy input and output** each relationship represents. The question you are answering is: in this moment, is this relationship giving me energy and support or draining my energy? Using (+/-) or arrows to show the energy giving and energy depleting for your relationships.
5. It is important to remember that this is a snapshot of your solar system *today*. This is not an audit for your last year and it is not an audit of the lifespan of your relationships.



The bumper sticker for this exercise is: YOU ARE THE CENTER OF **YOUR** UNIVERSE. Why? Of course we all know this does not mean that you are the center of **THE** universe. But without YOU there would be no 'your universe.' It is okay and necessary for YOU to be at the center. It is more than necessary, it is accurate. When we start putting other people at the center of our universe, it can be really difficult to know what our boundaries are and where we can assert our needs, desires, and expectations.

- What did you notice about your solar system?
- What, if anything, surprised you?
- What came up? What was it like to do this?
- How is this like life?
- Is everyone in your universe in a place where you want them?
- Is there anyone who you want closer to you?
- Anyone who you want further from you?
- What can you do to bring people in who are currently far away?
- Are there any people who you find exhausting to be around?
- Any people who energize/revitalize you?
- What can you do to distance yourself from people who you don't want to be so close to you? Etc.
- What if everyone is far away?
- What if everyone is really close?
- There might be real/strategic/good reasons why everyone might be really far away or really close right now.
- Do you want your universe to look this way forever?
- Is the mapping of your universe currently serving you? Is it meeting your needs?
- Does the mapping of your universe match your values and intention?

#### *REFLECTIONS ON YOUR SOLAR SYSTEM*

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