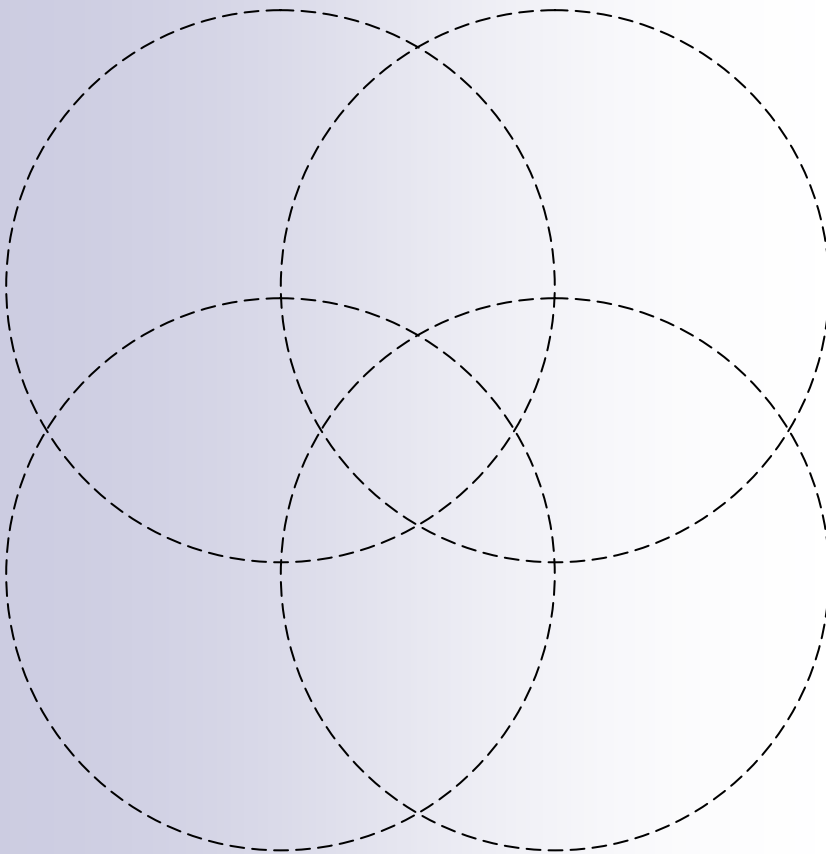


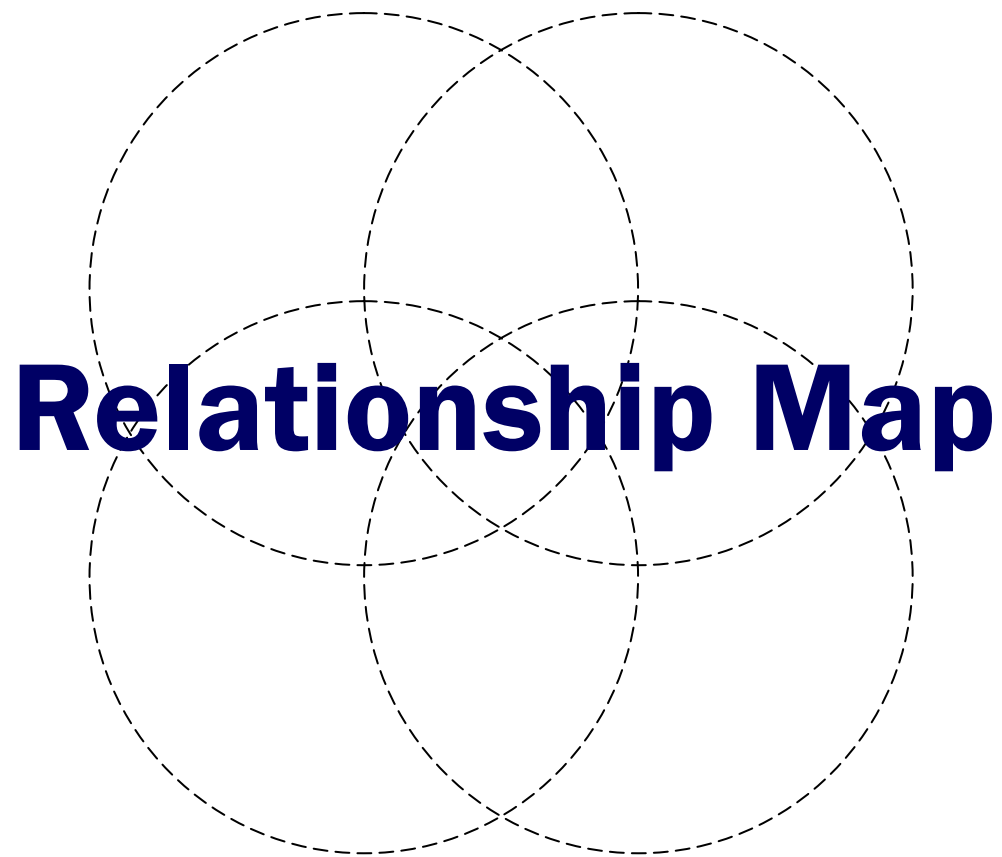
Relationship Map

Navin Kikabhai

Joe Whittaker



Relationship Map



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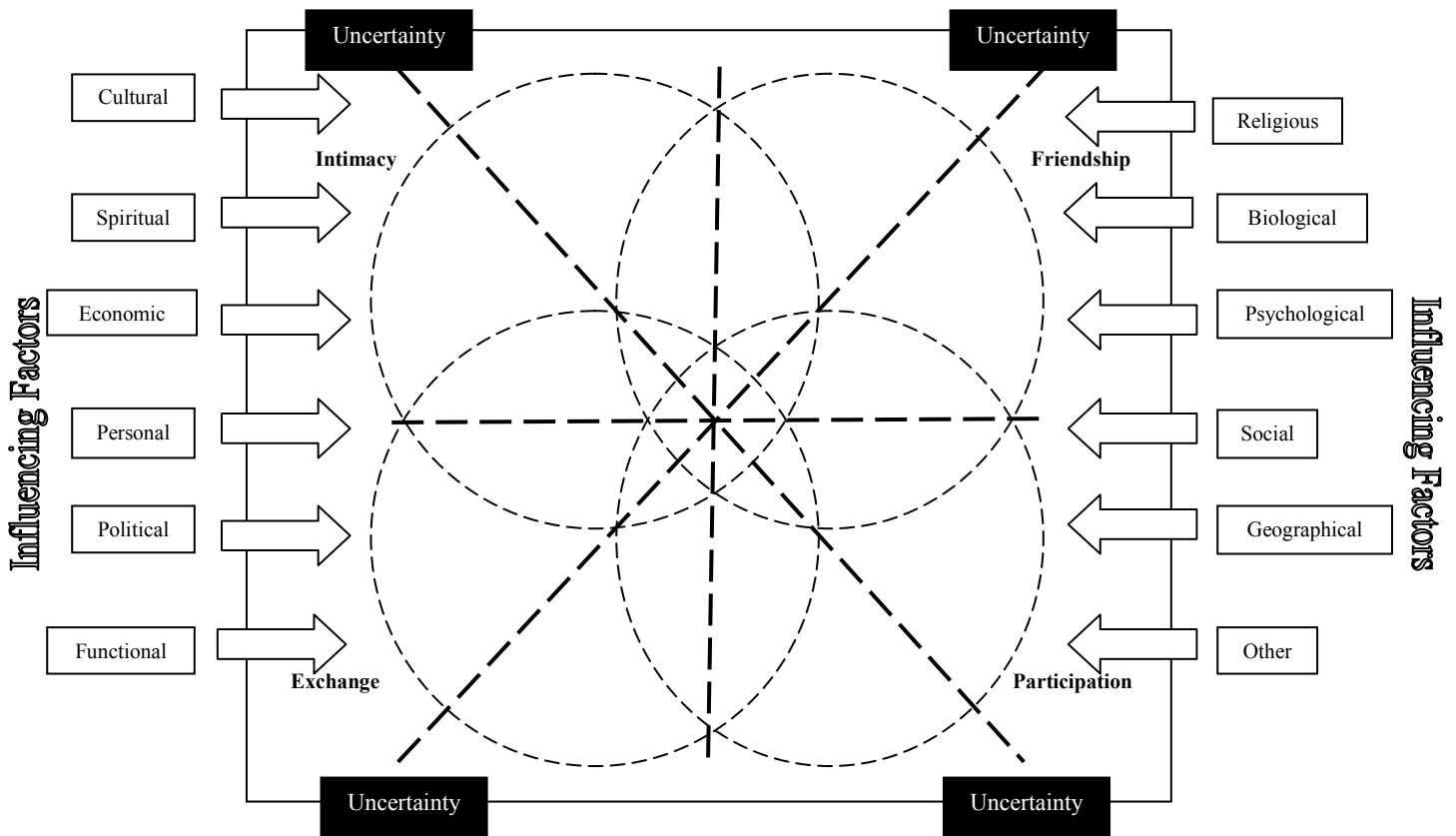
Acknowledgements

We would like to thank colleagues in India and Germany, who have traversed this difficult and at times stubborn conceptual field. It was with their patience and support, through internal workshops, that we were able to share ideas and work in order to tease out these stubborn issues which are central to our relationships. Their feedback pushed us to challenge our understanding of these issues. Our acknowledgements extend to the European Union within the EU-India Economic Cross Cultural Programme who funded the research. We would also like to formally acknowledge individuals and families who participated in this research and give our sincere thanks. It is with humility we acknowledge that without their honesty, openness, trust, mutual-respect this work would not have been.

Introduction

Presented here is an attempt to share an alternative approach that emerged from adopting a critical and reflective approach to illustrating social networks. This alternative Relationship Map accompanies ‘Circles of Support/Friend: Exploring the notion of relationships, intimacy, friendship and support’ (Kikabhai and Whittaker, 2005) available at www.inclusion-boltondata.org.uk. We have attempted to share these ideas and suggest that the materials can be used to illustrate the problematic, contradictory and uncertain ways in which we experience relationships. We are advocating that the Relationship Map be used as a process. The diagram below illustrates one possible outcome of a Relationship Map and working towards this outcome is a daunting and exhausting venture.

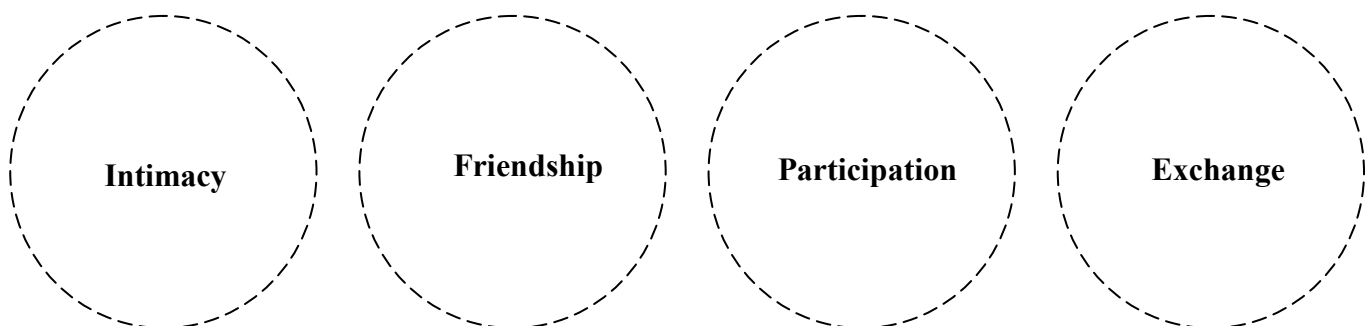
Relationship Map



This is no grand theory, but an alternative approach to an unravelling of how individuals interpret the relationships in their lives. The Relationship Map understood in this way opens up the possibility of accepting that these interpretations are meaningful to individuals. For the facilitator we are advocating that it ought to be borne in mind to avoid judgements and opinions and recognise the difference between what *should be* and *what is*. What follows is a description of the way the Relationship Map can emerge from engaging with how individuals interpret formal and informal social networks.

Zone of Relationships

In total the proposed Relationship Map encompasses up to 13 zones. Adopting terms associated with ‘circles of support’ there are 4 zones of relationships these are zones of: Intimacy, Friendship, Participation and Exchange.



Zone of Intimacy

This zone represents person(s) who you love, can trust, feel that you can be honest with and have a shared intimacy with. You are not going to be judged by this person and nor will you judge this person.

Zone of Friendship

This zone represents people who you consider to be a friend; a person you feel you can share some experiences with. A person you feel that you could ask a favour. A person you could trust with some things.

Zone of Participation

This zone represents people who you may meet through activities you partake in. You may be part of swimming group, a library group, sports club, social group etc. With people in this zone you may feel as though you could share some things with.

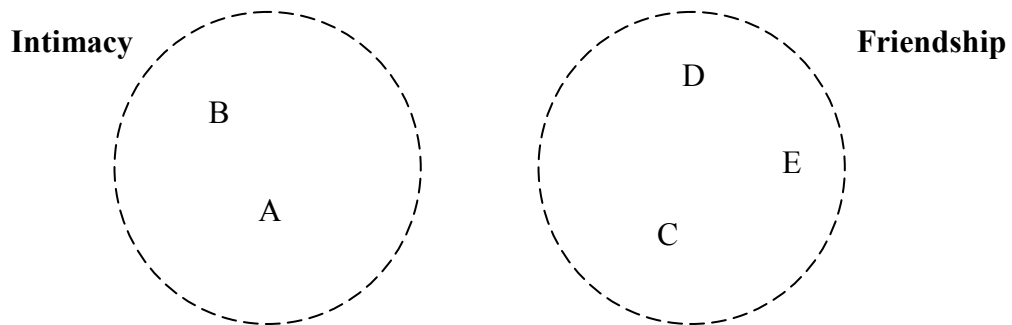
Zone of Exchange

This zone represents people in your life who you may pay, directly or indirectly. They may provide a service for you and belong to statutory services, i.e. social services, health authority, education authority, etc. With people in this group you may tend to share your experiences due to *having to* rather than *wanting to*. The relationships in this zone for example may include your GP, social worker, teachers, etc. Some of the relationships in this zone may also include personal assistance, hairdresser, mechanic, window cleaner, staff from agencies, sex worker, etc.

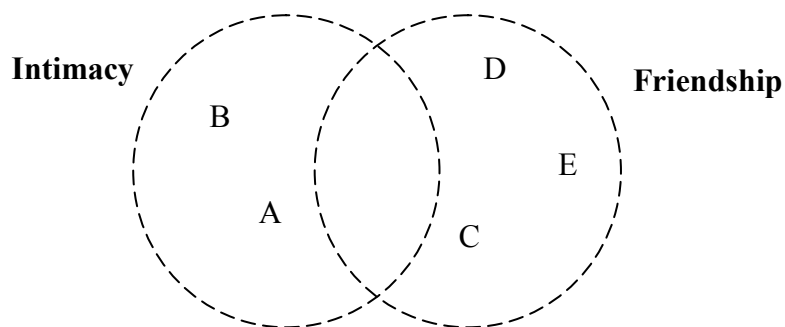
Relationship Map Process

One of the intended outcomes of completing a relationship map is to provide an opportunity to identify the relationship networks that are meaningful and significant. Primarily the process is to gather information about how an individual experiences the relationship zones. As a facilitator, gathering information is central to the process of completing a relationship map. It is important to keep in mind the individual's interpretation of the relationships in

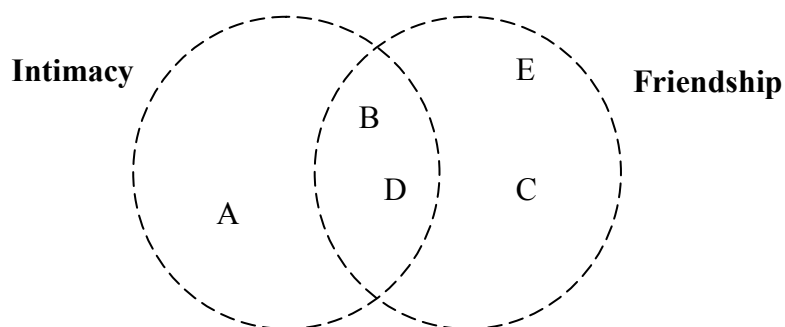
their lives. There is no set starting point in selecting which relationship zone to begin with. Once information has been gathered the process is to merge the relationship zones together. For example, if an individual identifies 2 people who they consider to be in the Zone of Intimacy, A, B, and that in the Zone of Friendship the individual identifies 3 people, C, D and E, the illustration will be:



Merging the two relationship zones creates the Zone of Intimacy and Friendship.

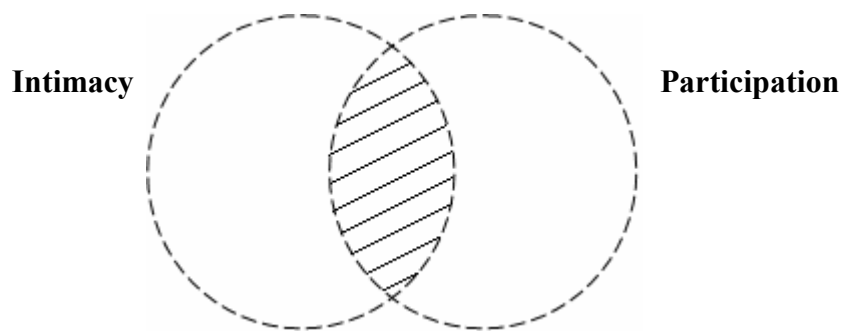


By probing further questions, it may emerge that the individual considers that two people, B and D, tend to be between the two zones of relationships. In this example B and D are in the union of both the Zone of Intimacy and the Zone of Friendship.

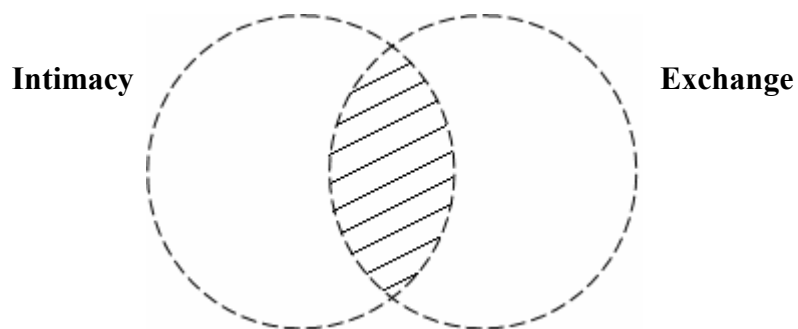


It may emerge that an individual does not have people they participate with or consider to be in the Zone of Exchange; in this instance the Relationship Map is as illustrated above. It is possible that an outcome of a Relationship Map may consist of two zones; this could comprise of any combination of Intimacy, Friendship, Participation and/or Exchange. The remaining possible union of two zones are illustrated below:

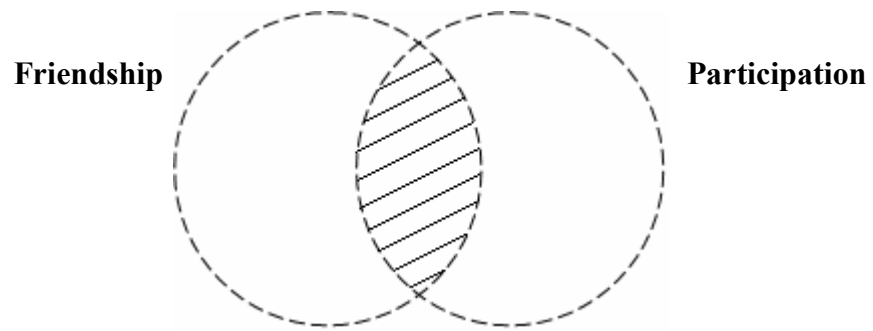
Zone of Intimacy and Participation



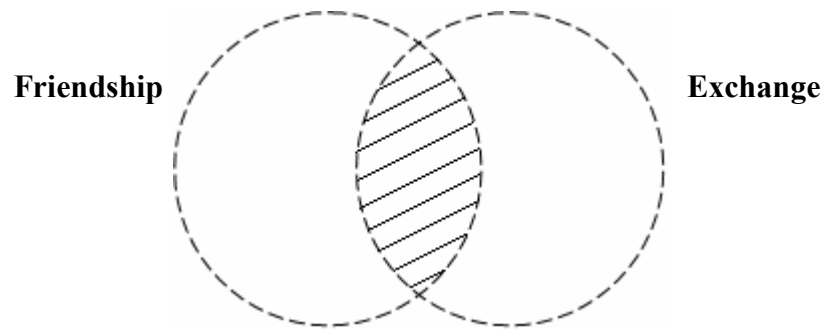
Zone of Intimacy and Exchange



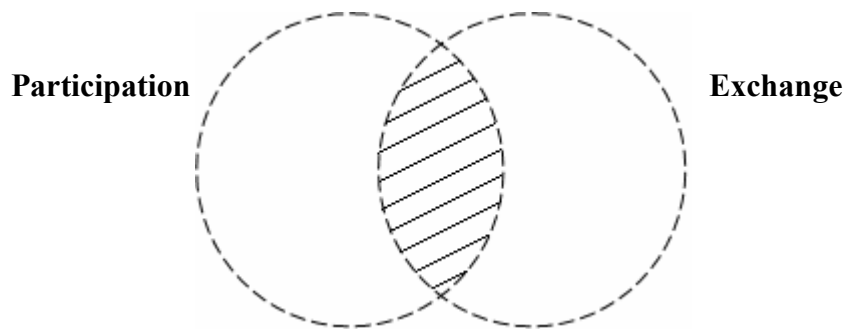
Zone of Friendship and Participation



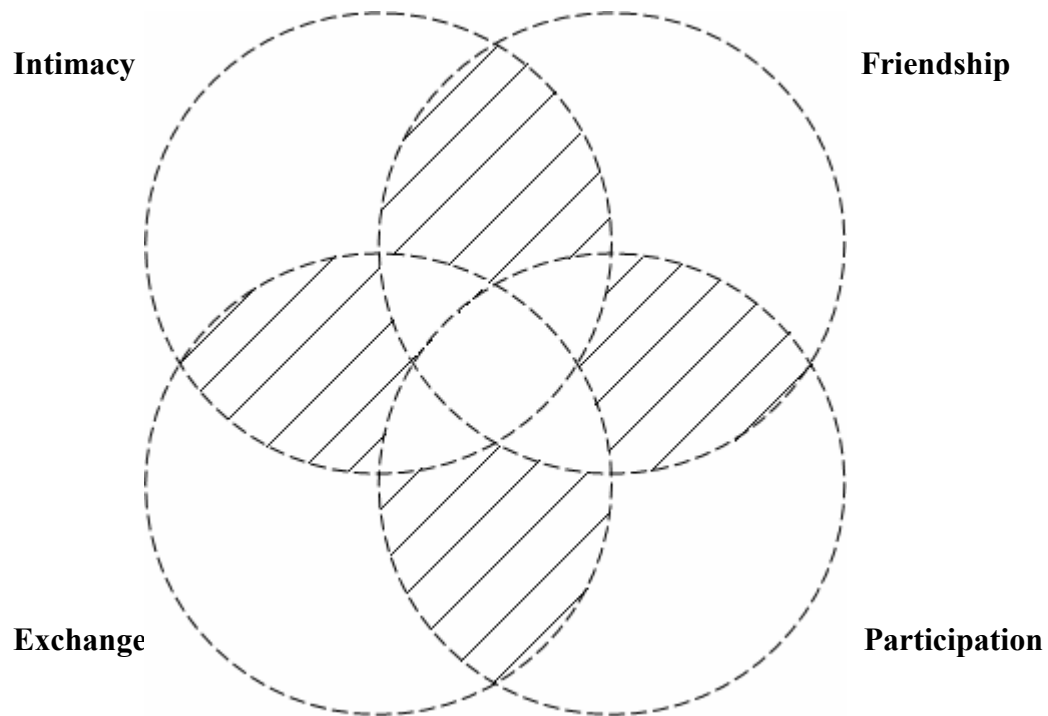
Zone of Friendship and Exchange



Zone of Participation and Exchange



Given the possibility of using the 4 relationship zones there are also 4 zones that form the relationship union of two zones. Diagrammatically the union of two zones are represented by the shaded areas:



Given the possibility of using the 4 relationship zones there are also 4 zones that form relationship unions, these are:

Zone of Intimacy and Friendship

This zone represents people you can trust, be honest with, can confide in, share intimate experiences with, feel that you are not going to be judged, that you can ask a favour.

Zone of Friendship and Participation

This zone represents people you consider to be friends, a person(s) who you can trust on some occasions. The people in this zone you tend to know because of the participation.

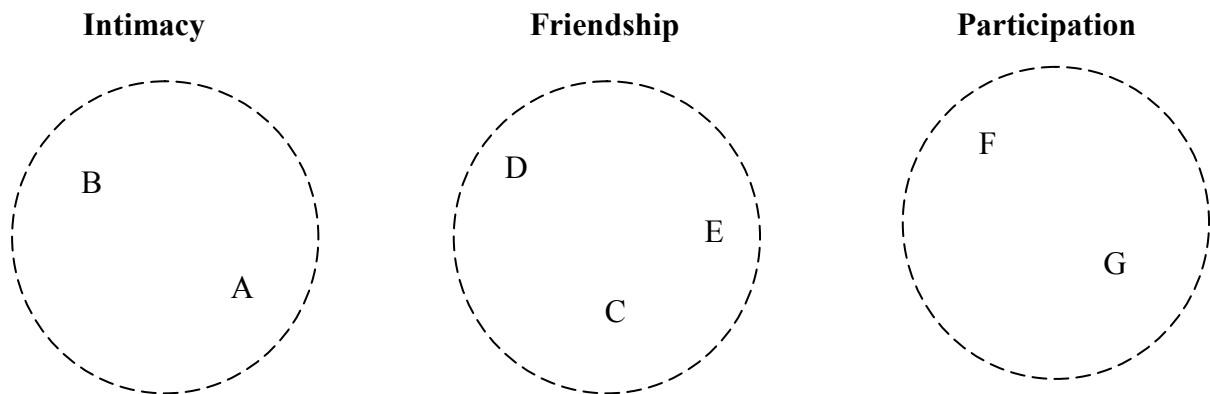
Zone of Participation and Exchange

This zone represents people who you tend to know through group participation and also pay.

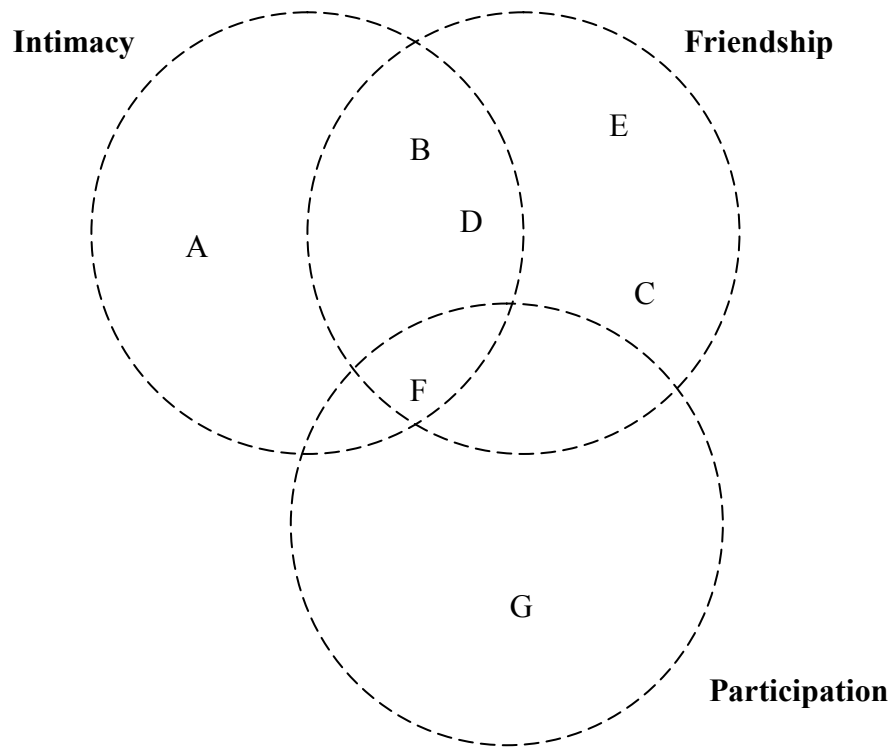
Zone of Exchange and Intimacy

This zone represents people who you ‘pay’ and are intimate with. People who you feel you can trust and share an intimate experience without being judged. Examples of people in this zone may be a GP, social worker, hairdresser, teacher, etc. This zone may also include personal assistance, support workers, family members, sex worker, etc.

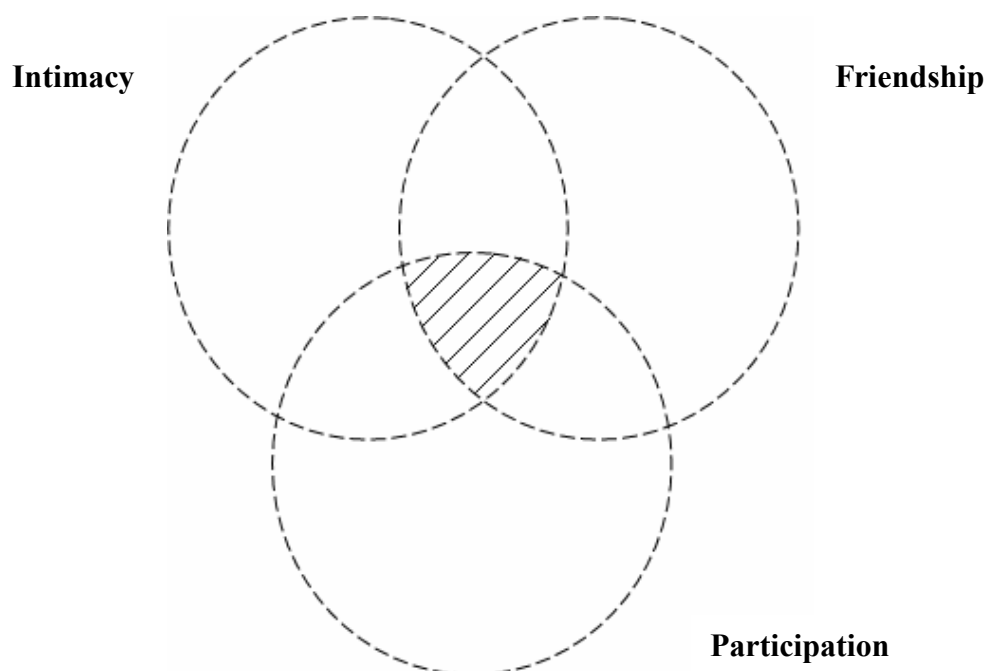
Given the process of probing and individual interpretations of relationships, further acknowledgements may include merging three relationship zones. From the previous example, add to this that the individual further identifies that there exists 2 individuals, F and G who also participate in a group, one of whom, F, is considered to be an intimate friend.



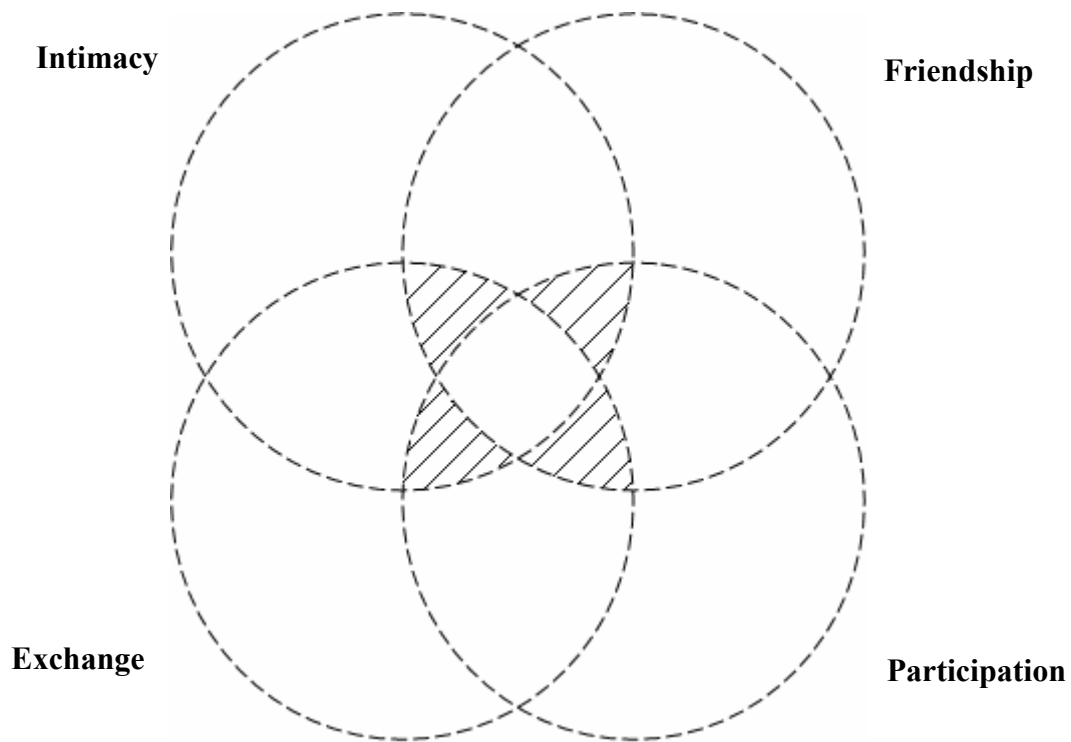
Merging the three relationship zones creates the Zone of Intimacy, Friendship and Participation.



In this example F is in the union within the Zone of Intimacy, Zone of Friendship and Zone of Participation. The 3 combined relationship zones can be illustrated in this way:



Here the shaded region represents the Zone of Intimacy, Friendship and Participation. Alternatively, it may be illustrated that from the 4 zones Intimacy, Friendship, Participation and Exchange, the union of any 3 zones can appear in any order. That is, there exist four possible outcomes:



Zone of Intimacy, Friendship and Participation

This zone represents individuals who you trust, consider a friend, you are able to share intimate experiences with and participate with in a group.

Zone of Friendship, Participation and Exchange

This zone represents individuals who you consider friends are able to share some experiences with, are part of a group and who are paid directly or indirectly to be there. Examples of people may include individuals from social groups, activities, social worker, teacher, GP, sex worker, etc.

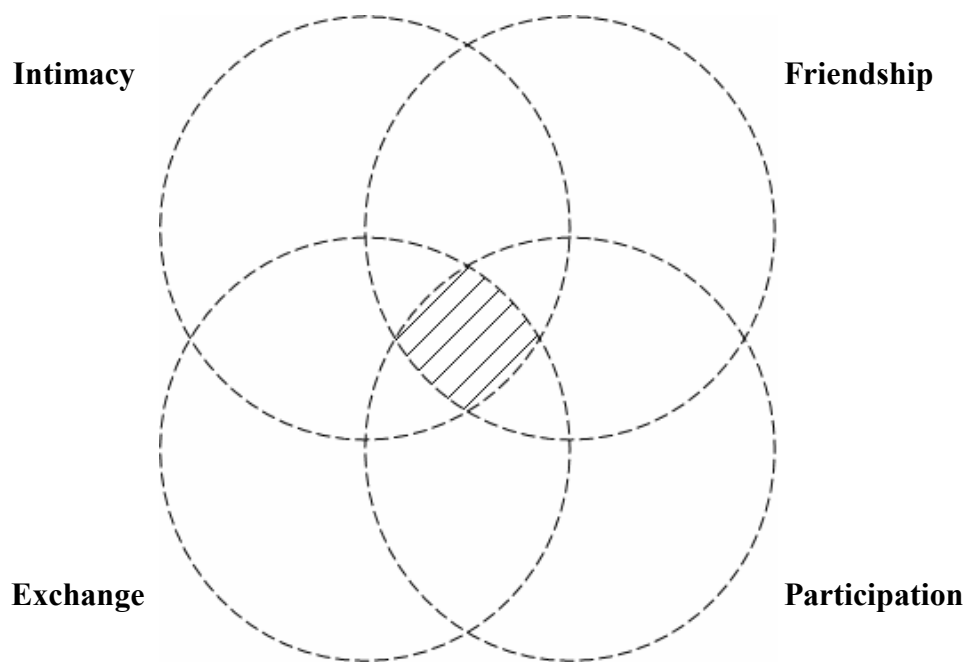
Zone of Participation, Exchange and Intimacy

This zone represents individuals who you are able to share intimate experiences with, able to trust without question, participate with and you pay directly or indirectly.

Zone of Exchange, Intimacy and Friendship

This zone represents a person(s) who you pay to be there, who you consider to be a friend, are able to confide some things in and are able to share intimate experiences with.

Given the process of illustrating social networks, it may emerge that the union of Intimacy, Friendship, Participation and Exchange occurs. Diagrammatically the union of four zones is represented by the shaded areas.



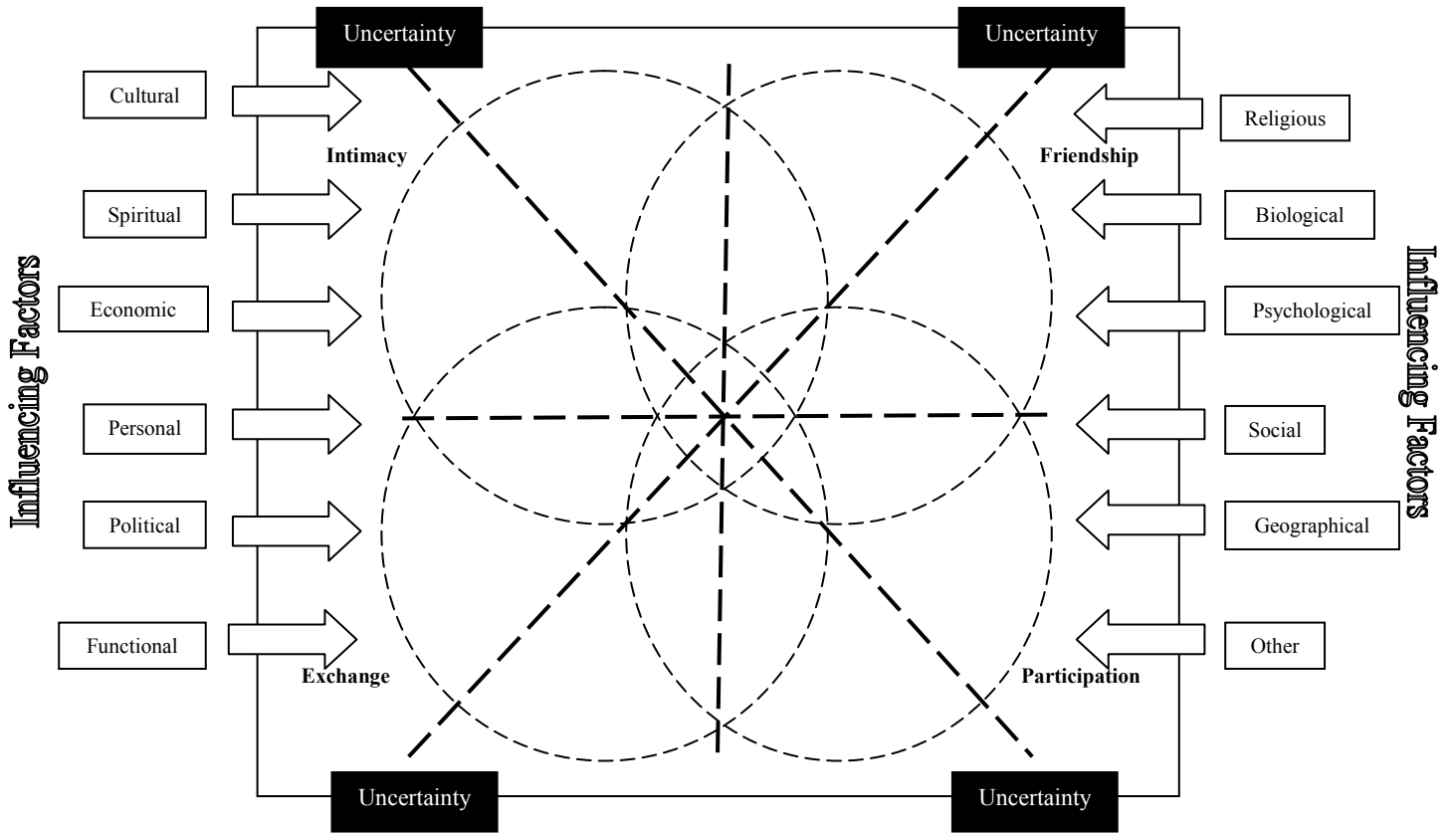
That is, there exists one possible outcome:

Zone of Intimacy, Friendship, Participation and Exchange

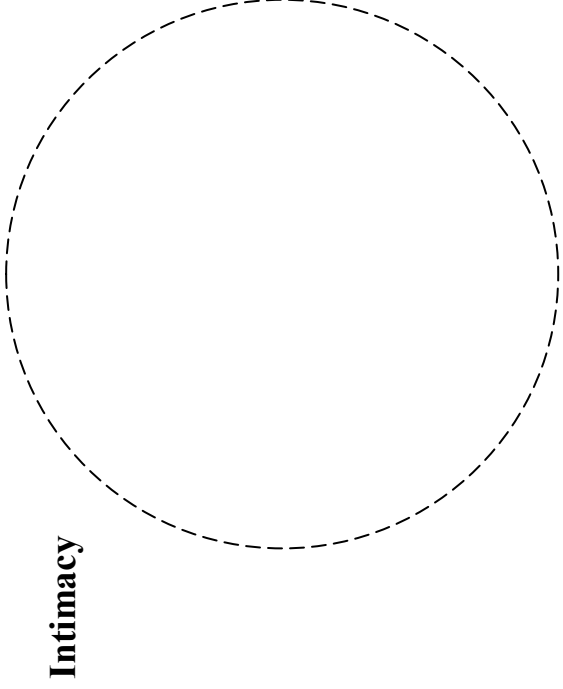
This zone represents individuals who you feel you can trust, share intimate experiences with, you consider a friend, who participates in a group, and are paid to be there.

A recognition that emerges from placing individuals in zones raises interesting yet problematic conundrums. Part of the process is to recognise that whilst individuals may place people in particular zones; there always exists, we argue, the notion of uncertainty. The notion of uncertainty can be interpreted through various ways of understanding social networks. For example, there exists 'fine lines' - areas of uncertainty - when asking to place people in zones particular when notions of love, trust, honesty, openness, mutual respect are considered. We suggest that uncertainty not to be understood as a 'good or bad' thing but rather recognise that when people request support that there will exist a possibility of uncertainty. The reason behind this uncertainty can be many and varied from people who we may ask to be there who are unable to be there, to people who appear not wanting to be there who have been asked to be there. Added to this is the recognition that individual interpretations are affected by influencing factors; as mentioned above. Yet another find that this Relationship Map acknowledges is the paradox of relationships, that is the more a person claims to think they know someone else, the more uncertain they can become about who that person is! Given these 13 possible outcomes, and the notion of uncertainty we have:

Relationship Map



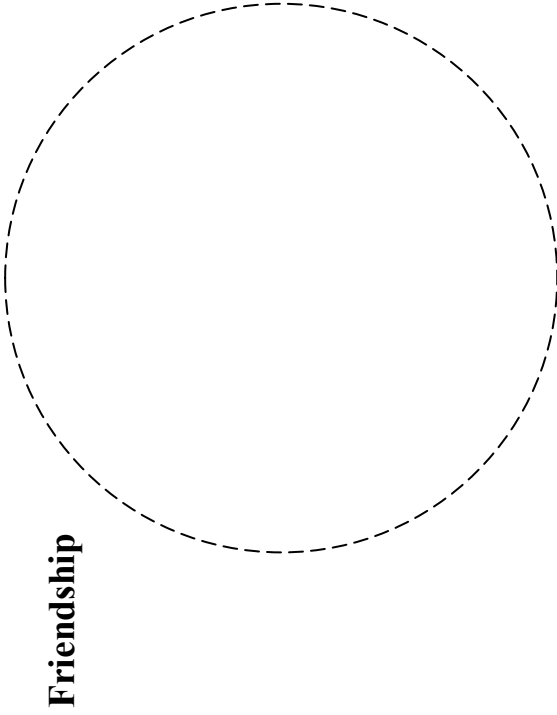
Zone of Intimacy



Zone of Intimacy:

This zone represents person(s) who you love, can trust, feel that you can be honest with and share intimate experiences that you have had with that person. You feel that you are not going to be judged by this person and that you can confide in them.

Zone of Friendship

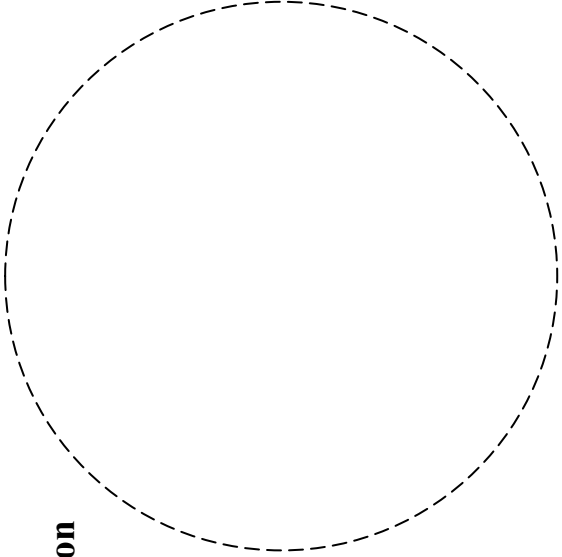


Zone of Friendship:

This zone represents people who you consider to be a friend; a person you feel you can share some experiences with. A person you feel that you could ask a favour. A person you could trust with some things.

Zone of Participation

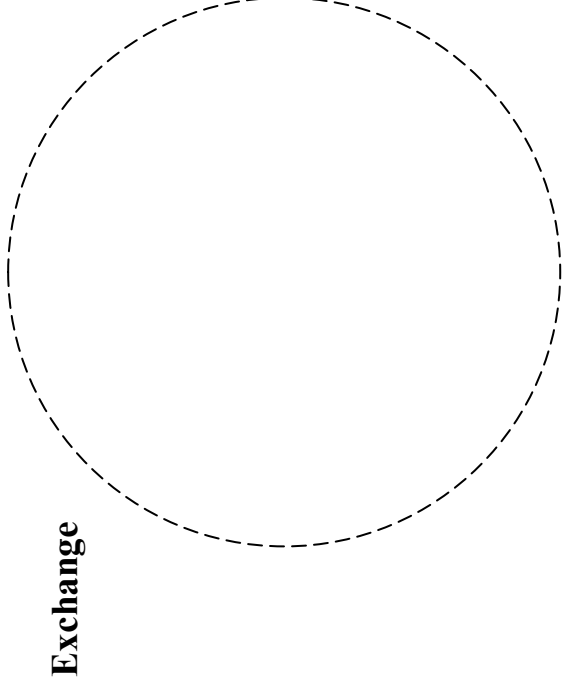
Participation



Zone of Participation:

This zone represents people who you may meet through activities you partake in. You may be part of swimming group, a library group, sports club, social group etc. With people in this zone you may feel as though you could share some things with.

Zone of Exchange

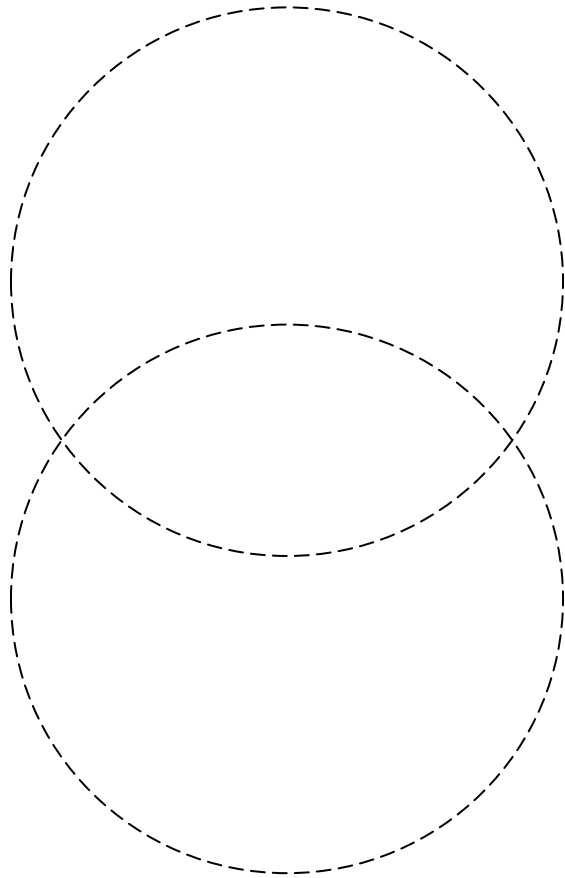


Zone of Exchange:

This zone represents people in your life who you may pay, directly or indirectly. They may provide a service for you and belong to statutory services, i.e. social services, health authority, education authority, etc. With people in this group you may tend to share your experiences due to having to rather than wanting to. The relationships in this zone for example may include your GP, social worker, teachers, etc. Some of the relationships in this zone may also include personal assistance, hairdresser, mechanic, cleaner, etc.

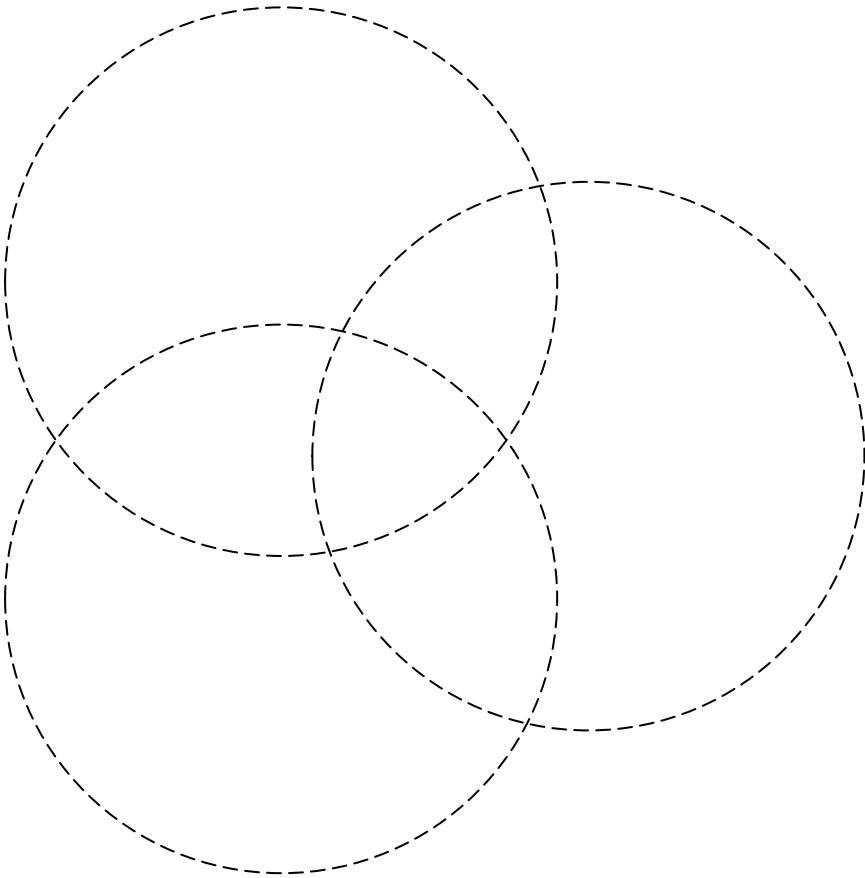
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Date: _____



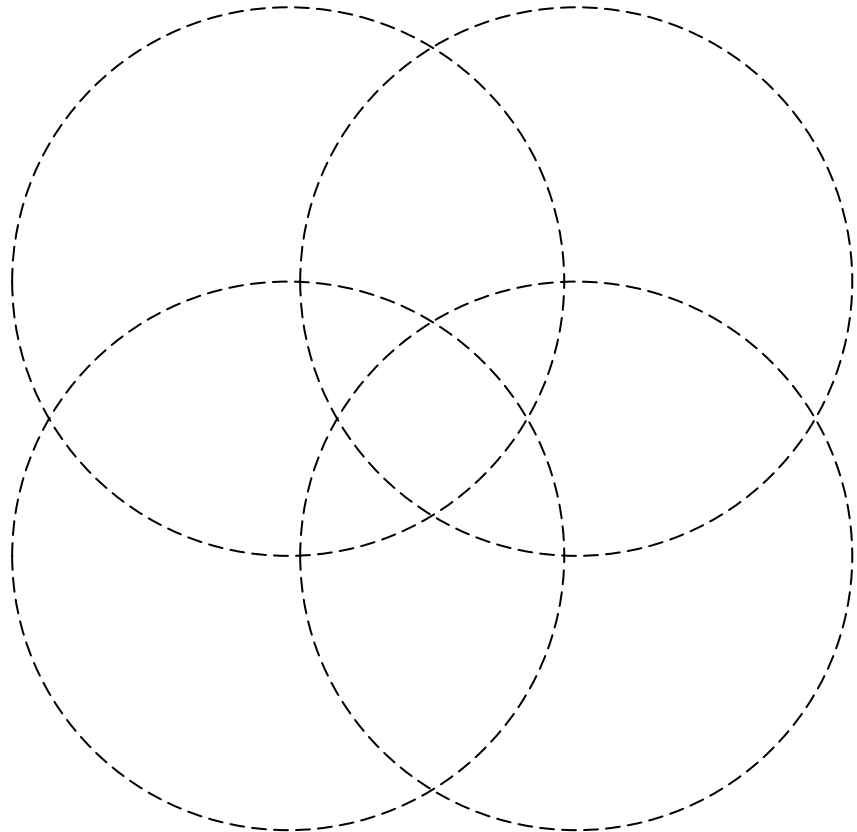
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Date: _____



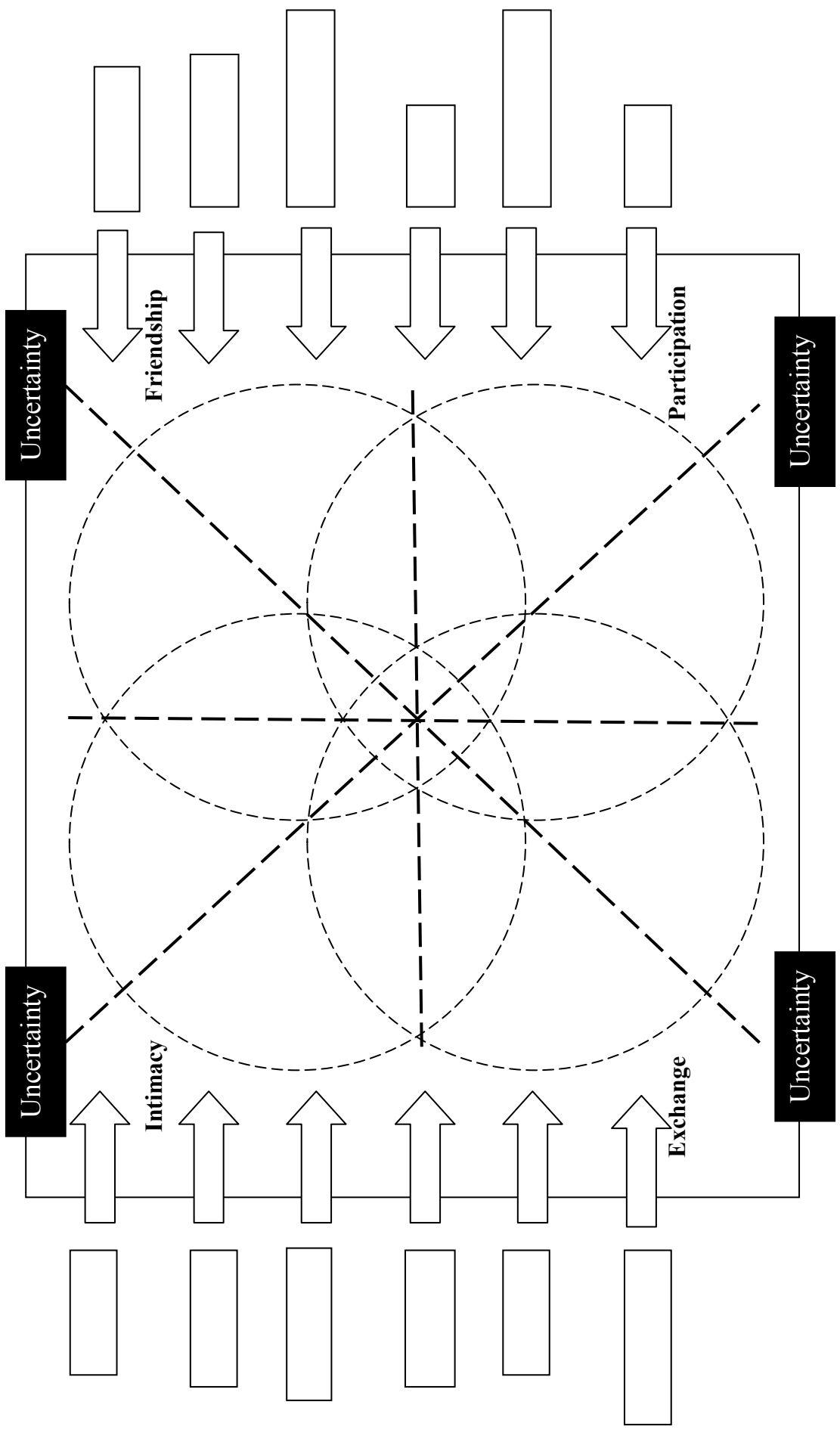
Relationships Map: _____

Date: _____



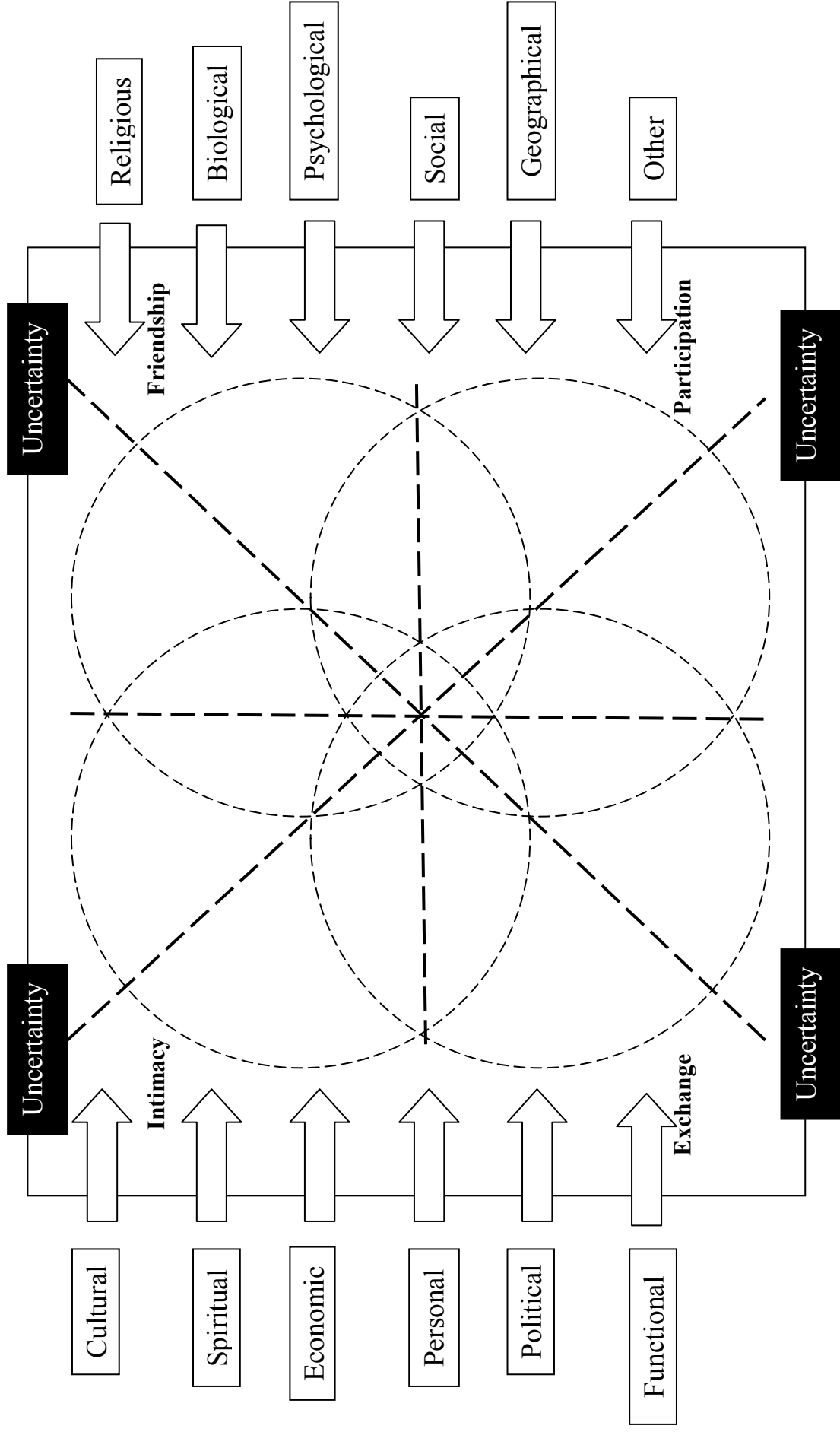
Relationships Map:

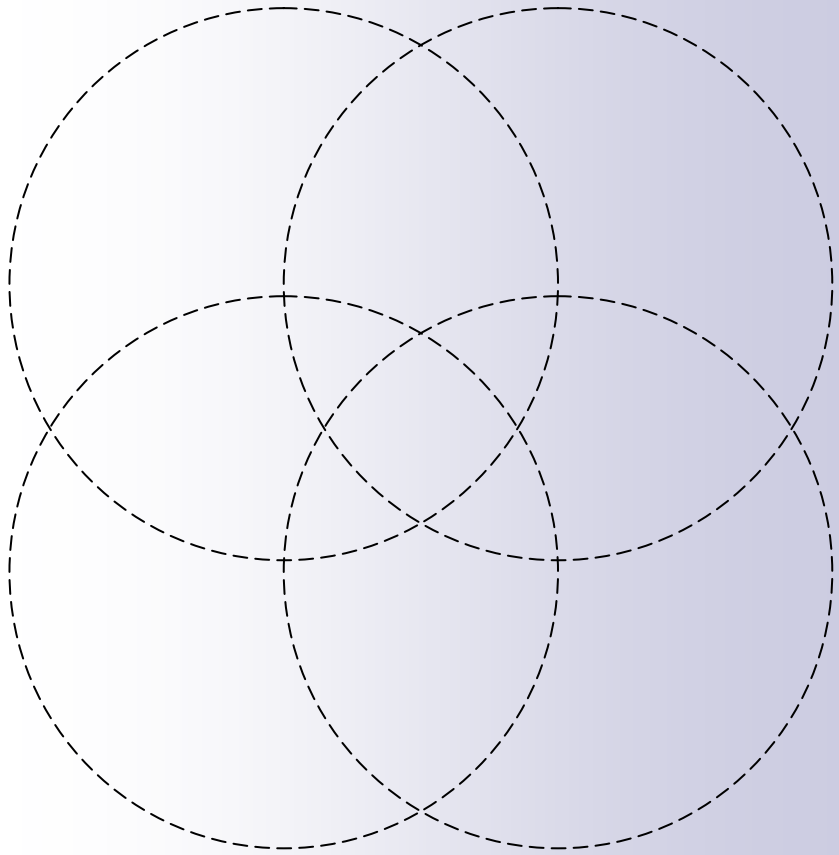
Date: _____



Relationships Map:

Date: _____





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