

Take three people from the grid and decide in what way two of them differ from the third. For example perhaps you think that you and your father are shy, while your mother isn't. This is your first *construct*. Write this in the column on the right. Ignore the crosses at the moment.

Choose another combination of three people and do the same again. Put the second construct in the next row down below the first.

You can carry on with as many combinations as you want to, but here are some suggestions for relationships which psychologists using Kelly's methods in the past have found particularly useful.

A	Mother	Father	Sibling
B	You	Partner	Best Friend
C	You	Best Friend	Ex-Friend
D	Partner	Ex-Partner	Best Friend
E	Rejecting Person	Threatening Person	Best Friend
F	Successful Person	Happy Person	Ethical Person

It's up to you how many constructs you want to find, but six is a good number to start with. These constructs show you the categories you use to look at the world.

You can stop here, but if you want to take it a step further.

Start on the left side of the chart with construct 1 and decide whether the left-hand side of the construct describes each person. E.g. is each person shy or not, put crosses for yes and circles for no.

When you've rated everyone for each construct, you can look and see where the ticks match up. The table at the bottom helps you to do this.

Look at row 1 and 2 first of all and count the number of times a cross appears in both rows for one person and the number of times a circle appears in both rows for one person. Add these numbers together and this gives you your number of matches to put in the chart.

Then do this for all the matches listed and see which has the biggest number. For example if Row 2 and 6 have the highest number of matches then you rated the people who could be described by the adjective in construct 2 are in your view also described by the adjective in construct 6. So in your view of the world these two constructs are related. This could be because they're similar adjectives, for example you'd expect everyone who was rated as kind to be rated as generous, but sometimes the results can be surprising, showing that you view the world in a slightly different way from the way you'd thought.