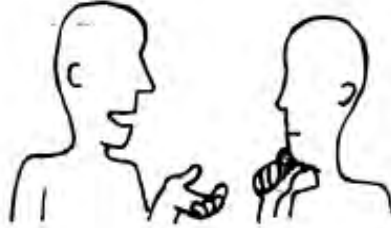




# INTERPERSONAL RELATIONSHIPS AND DEPRESSION: IMPROVING PEOPLE SKILLS

## Communication:



STEP 1: Active Listening: Listening is the key in any relationship.

Get together in pairs.

Each person will have 5 minutes (uninterrupted time) to describe the kind of person he or she is trying to become.

### If you are the speaker

- Is your partner listening to you?
- How do you know your partner is listening to you?
- How do you feel?
- What was good about what your partner did?
- What was not so helpful about what they did?

### If you are the listener

- Try to make your partner really feel that you are listening to him/her.
- Did you understand what your partner said?
  - Repeat what you heard and ask your partner if you really understood what he or she was trying to say.
- Did you understand how your partner felt?
  - Notice how your partner communicates (verbally and nonverbally).
  - Check out whether you understood how he or she felt by asking your partner about his/her feelings.
- What part of what your partner said about the kind of person he or she is trying to become is most important to your partner?



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## The Group as Support:

Participating in the group can be a positive contact with people when there is understanding and trust.

- What is OK to talk about in the group?
- What are your fears and concerns about participating in the group?

## **Take Home Message:**

I can understand how relationships with others can affect my thoughts, my behaviors, my body, and my mood.

I can improve my mood by making choices about with whom I spend time and what I with others.

By making healthy choices, I can improve my day-to-day reality.