

BOOSTER SESSION #2

CLASS OUTLINE

I. Welcome and catch up

II. Creating healthy relationships

A. What are relationships?

B. Signs of healthy and unhealthy relationships

C. Tips for creating healthy relationships

D. Getting your needs met

III. Wrapping Up

I. WELCOME AND CATCH UP

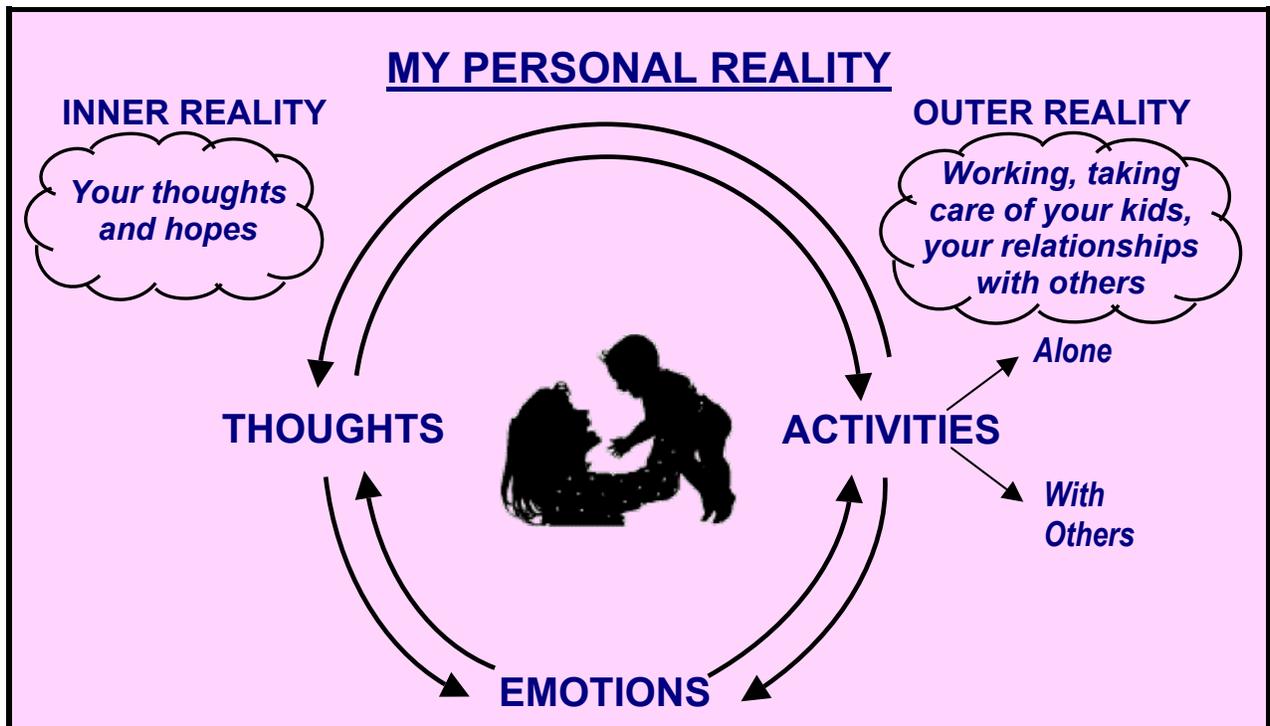
II. CREATING HEALTHY RELATIONSHIPS

II.A. WHAT ARE RELATIONSHIPS?

Relationships are part of our outer reality - to have a healthy mood or positive feelings, it is important to learn how to create and maintain healthy relationships.

What does the term *relationship* mean to you? _____

What are some benefits of relationships? _____



II.B. SIGNS OF HEALTHY AND UNHEALTHY RELATIONSHIPS

HEALTHY RELATIONSHIPS	vs	UNHEALTHY RELATIONSHIPS
<ul style="list-style-type: none">• Honesty• Happiness• Trust• Equality• Mutual respect• Friendship• Laughter• Common interests• Support• Fair fights• Acceptance/can be yourself• Kindness• Not afraid of other person• Open communication • _____• _____• _____		<ul style="list-style-type: none">• Lack of trust• Lack of respect• Jealousy• Abuse – emotional, physical, or sexual• Bad/no communication• Power issues• Unfair fights• Other person tries to change you• Lies• Manipulation• Lack of understanding• No fun• Fear • _____• _____• _____

How do you feel in a healthy relationship? _____

How do you feel in an unhealthy relationship? _____

Why do some people stay in unhealthy relationships? _____

II.C. TIPS FOR CREATING HEALTHY RELATIONSHIPS

- 1. Have realistic expectations.** No one can be everything we might want him or her to be and when we expect too much of people, sometimes they disappoint us. Accepting people as they are and not trying to change them can improve our relationships.
- 2. Talk with each other.** Communication is essential to healthy relationships. Having good communication involves:
 - **Taking the time.** Make a time to communicate when you will be able to sit down and give the other person your undivided attention.
 - **Genuinely listening.** Don't interrupt when the other person is talking or think about what you are going to say next while you're trying to listen.
 - **Listening with your ears and your heart.** Sometimes people have emotional messages to say that they weave into their words. Try to hear and understand the emotions they are communicating.
 - **Asking questions.** Ask questions if you don't understand what the person is saying or if you think you may have missed the point. Asking questions shows you are interested and involved in the conversation.
 - **Sharing information.** Be open to telling the other person what you are thinking and feeling.
- 3. Be dependable.** If you make plans with someone, follow through. If you tell someone you will do something for him or her, do it. Being dependable helps us build trustworthy relationships.
- 4. Be warm.** Research shows that warmth is highly valued by most people in their relationships and most healthy relationships show emotional warmth.



- 5. Fight fair.** It is normal to have conflict in relationships; how you deal with the conflict is what's important. When you have a problem:

- **Negotiate a time to talk about it.** Don't have difficult conversations when you are very angry or tired. Ask the other person, "When is a good time to talk about something that is bothering me?"
- **Don't criticize.** Attack the problem, not the other person. Open difficult or sensitive conversations with "I" statements. For example, you can say, "I feel sad

when..." or "I feel angry that..." to avoid blaming the other person for your thoughts and feelings.

- **Don't assign feelings or motives.** Don't assume that you know how someone feels or what he or she is going to say before they say it. It's important to recognize each person's right to explain and speak for him or herself.
- **Focus on one problem at a time.** Try to stay focused on the current source of conflict. Don't use a current concern as a way to bring up everything that bothers you about a relationship or past issues.
- **Apologize.** Say, "I'm sorry" when you're wrong. Apologizing goes a long way toward making things right again. It's okay to admit that you made a mistake.
- **Don't make assumptions.** When we feel close to someone it's easy to think we know how he or she thinks and feels. We can be very wrong! Take the time to ask questions and listen to the other person's response before jumping to conclusions.
- **Don't hold grudges.** You don't have to accept anything and everything, but don't hold grudges—they just drain your energy. Try to let go of past hurts and misunderstandings.
- **Not every conflict has a resolved ending or a winner and a loser.** Be prepared to compromise or to agree to disagree about some things. The goal is not for there to be a winner and a loser, it is for everyone to be a winner. Healthy relationships are between winners who work out problems together.
- **You can leave a relationship.** You can choose to move out of a relationship. Healthy relationships are NOW, not some hoped-for future development.
- **Ask for help if you need it.** Talk with someone who can help you find resolution—like your home visitor, a counselor, a minister or even a family member. It's okay to ask for help.

Remember that building a healthy relationship is a process. Healthy relationships can be learned but take practice. With practice, your relationships will keep getting better!



Adapted from material by Joyce Woodford, Kansas State University

II.D. GETTING YOUR NEEDS MET



- It's okay to ask for what you need.
- You are more likely to get what you need if you communicate in a positive, clear, and direct manner.
- When you ask for help from others, the more information you provide the easier it will be for others to help you and the better your chances are of getting what you want. For example: "I want to attend a computer class on Wednesday from 1:00-3:00pm."
- The person may say "yes" or "no." You may need to compromise.

STEPS:	MY EXAMPLE:
1. What do I need?	<hr/> <hr/>
2. Who can help me?	<hr/> <hr/>
3. Ask for what you need in a way that is clear and direct.	<hr/> <hr/>
4. Respect the other person's right not to do what you request.	<hr/> <hr/>
5. Be willing to compromise.	<hr/> <hr/>

III. WRAPPING UP

What has the group meant to you? _____

What changes have you noticed in yourself since you started the group?

What changes have you noticed in other group members? _____

What are some of the things you learned from the group that you will take with you or continue to do? _____



