

Pit stop 8: The Power in Relationships

Purpose 1:

To help you identify what type of friends you need and want in your life.

Purpose 2:

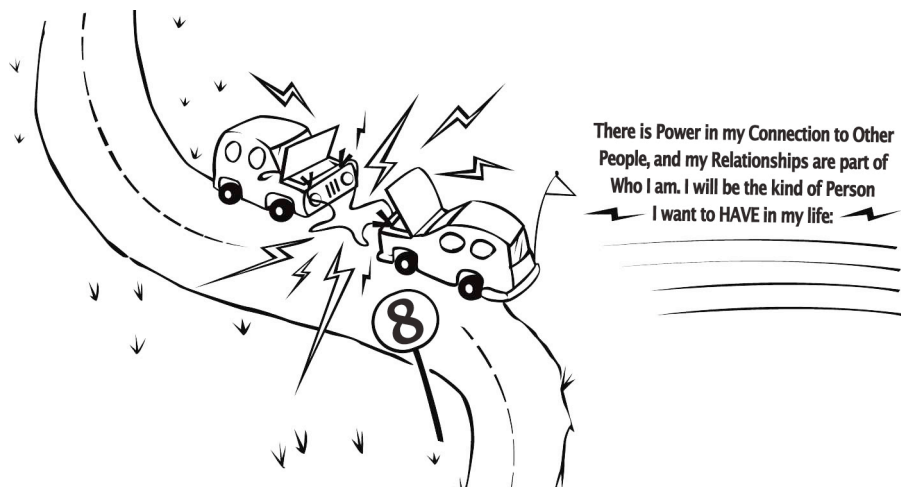
To help you identify what type of romantic relationships you need and want in your life.

Purpose 3:

To help you identify what kind of person you need to BE in order to attract the kind of relationships you want.

Purpose 4:

To help you define and cope with relationships in your life that have been chosen for you.



The Power in Relationships

Why is it SO important that you identify what kind of relationships you want in your life?

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What kind of relationships are we talking about?

What relationships do you GET TO CHOOSE?

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Describe an ideal friendship.

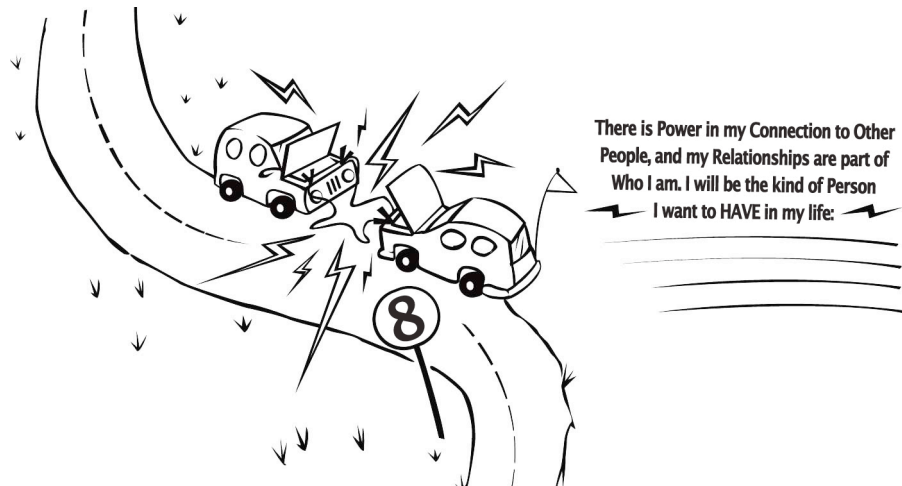
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|--|
| <i>I want a friend who bases our friendship on these values...</i> |
| |
| <i>I want to have these kinds of things in common...</i> |
| |
| <i>I want to talk about...</i> |
| |
| <i>I want us to do these kinds of things when we hang out...</i> |
| |
| <i>I want to offer the following qualities to my friend...</i> |
| |

Do you *have* the kind of friend you just described above? Some of you do and some of you don't. The tough thing about being a teenager is... lots of people haven't figured out how to BE a *GOOD* friend yet. Lots of people are still trying to figure out where they fit in. If you are still looking for that *GOOD* friend, don't give up! You will find him/her. Your best bet is to spend time *becoming* the friend you want to be. Then you will attract *GOOD* friends into your own life!

The Power in Relationships

- Do you want to be able to trust a friend? *Well... are you trustworthy?*
- Do you want a friend to be honest with you? *Well... are you honest?*
- Do you want a friend to respect your ideas and opinions, even if your opinions are different from his or hers? *Well... do you respect the ideas and opinions of others?*
- Do you want a friend who makes you feel good about yourself? *Well... do you try to make others feel good about themselves?*

It's important to know what kind of friends you want to have and what kind of person you need to be to attract those friends. Go to the map at the end of your workbook and write a few words on the icon that looks like this to describe the ideal friendship for you:



Personal Exploration

Why did you choose these specific traits?

How well do you feel like you live these same traits every day?

What do you need to change to BE a better friend to others?

The Power in Relationships

The same principal applies to Romantic relationships in your life.

Describe an ideal romantic relationship:

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| <i>I want to spend this much time with him/her...</i> |
| |
| <i>I want to talk about...</i> |
| |
| <i>This is what I want to be important to us as a couple...</i> |
| |
| <i>I want him/her to respect me because...</i> |
| |
| <i>I want a boyfriend/girlfriend who bases our relationship on these values...</i> |
| |
| <i>I want to have these kinds of things in common...</i> |
| |
| <i>I want us to do these kinds of things when we hang out...</i> |
| |
| <i>I want to offer the following qualities to my boyfriend/girlfriend...</i> |
| |

The Power in Relationships

Personal Exploration

If you are in a relationship, does it look like your ideal?

If not, *could* it look this way if you talk to him/her about it?

If it can't ever look this way, what do you need to do about it?

If you are not currently in a dating relationship and are looking for one, how can you attract the kind of relationship you described?

Name some specific ways you should respond to the opposite sex in order to attract the kind of person you are looking for.

Remember that dating relationships are among the relationships **YOU CHOOSE**.
Choose wisely so you can be true to yourself and follow your dreams.

The Power in Relationships

Exploring the relationships I Choose. If I consider my friendships and dating relationships, how do they measure up? These are examples of how to think through some relationship issues. Read them then you try on the next page.

| Which of these relationships challenge me in my life? | What makes the relationship challenging? | Is there something I can do to make it better for ME? | If so, what? | What does this relationship teach me about life? |
|---|--|---|--|--|
| My boyfriend | He gets too jealous and won't even let me talk to other people | YES | I need to ask myself if I do certain things that egg him on or if I try to make him jealous on purpose...determine if it's partly my fault. Do I need to seriously think about being with someone who is less possessive of me? | I need to ask myself if I really want to be controlled by jealousy in <u>any</u> relationship... |
| My girlfriend | She wants me to spend all my time with her and she threatens to break up with me when I don't. | YES | I've talked to her about it and nothing has changed, so I can tell her in advance when I am doing something with my friends and not let her manipulate me. | I see that it is important to be an individual outside of my relationship. I need to encourage her to do the same. |
| My friend... | She talks behind everyone's back and creates a lot of drama | YES | I can change the subject when she starts that crap, or I can ask her what's really going on with her that she needs to pick on other people... (kindly of course.) | That some people aren't happy unless they are making other people unhappy. Is that really the kind of friend I want? |

The Power in Relationships

The relationships I CHOOSE... You give it a try...

| Which of these relationships challenge me in my life? | What makes the relationship challenging? | Is there something I can do to make it better for ME? | If so, what? | What does this relationship teach me about life? |
|---|--|---|--------------|--|
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The Power in Relationships

What people / relationships CHOOSE YOU?

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| LONG TERM | SHORT TERM |
|------------------|-------------------|

You don't necessarily get to choose the above relationships, but you can always choose how you respond in these relationships and what you will learn that will help you grow stronger in your own life.

Exploring the Relationships THAT CHOOSE ME... *If I consider my unavoidable relationships, what can I learn?*

EXAMPLES:

| <i>Which of these relationships challenge me in my life?</i> | <i>What makes the relationship challenging?</i> | <i>Is there something I can do to make it better for ME?</i> | <i>If so, what?</i> | <i>What does this relationship teach me about life?</i> |
|--|--|--|--|---|
| My step mom | She doesn't treat me the same as she does her own kids | YES | I can know in my own heart that I am just as worthy of love as they are. | I don't ever want someone to feel as left out as I do, so I will make a point to love people equally. |
| By boss | She yells all the time. | YES | I can realize that my boss hasn't learned how to deal with her anger or stress and that what she says isn't really personal. | I see how yelling affects people. I will try hard to treat my employees with more respect when I am the boss. |

The Power in Relationships

Exploring the Relationships THAT CHOOSE ME... If I consider my unavoidable relationships, what can I learn?

Now you try...

| <i>Which of these relationships challenge me in my life?</i> | <i>What makes the relationship challenging?</i> | <i>Is there something I can do to make it better for ME?</i> | <i>If so, what?</i> | <i>What does this relationship teach me about life?</i> |
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