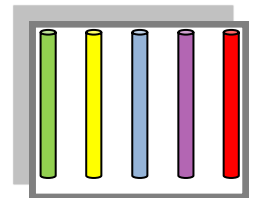


Recapping last week....



Last session

- We started thinking about what we can and can't control
- We showed how the 'Needometer' can help a person to get a snapshot of which of their needs are being satisfied and which are missing out!
- Some people felt that at their age they sometimes had limited **Freedom** to make the choices they wanted



How did you go?



- Did anyone have an example of struggling to keep their “knot over their dot” this week?
- Can anyone tell us about a time where they thought consciously about how much control they actually had ?
- Can anyone think of how a choice they made satisfied one of their Needs?

Take Charge of Your Life

Session 3



Create positive relationship habits

How much of our joy and suffering involves our relationships with others?



Activity : “Training session from Hell”

Group A



You go to training for netball/football.

- You come in late and the coach glares at you saying “ nice of you to finally show up”, we’ve been going for 15 mins already. You’re told to do 3 laps.
- The grounds are wet and you slip over.
- You tell your friend a joke. The coach tells you to stop mucking around and that you need all the practice you can get because of the appalling way you played last week.
- The drills are boring and repetitious.
- You miss another set goal. Your team mates groan.
- You miss two passes in a row in a drill because the ball is so slippery.
- In the change rooms the team is named for the next week are posted and you miss out.

What did you think and say and do?



Group B



You go to training for netball/football.

- You come in late and the coach indicates for you to join in the drill.
- It is a perfect evening.
- It's pretty relaxed, there is plenty of time for you and your friend to share a few laughs.
- The coach points out all the things that went well last week.
- The coach has some new drills which are heaps of fun.
- You have a go at set goals. The coach encourages you saying, it's a percentage game – all you have to do is keep getting it up there.
- The team is practicing drills. Your friend yells out '3rd time lucky – you will get it this time.'
- In the change rooms the team is named for the next week are posted and you are in the team.

What did you think and say and do?

“Sports Training Activity”

What behaviours did you choose?

- What did you **want** that you were trying to get by using the behaviors you chose?
- Did what you **were doing** bring you **closer** to what you wanted?

All behavior is purposeful.

You were doing the best that you could at the time to get wanted to meet one or more of your needs.



The 7 Disconnecting Habits...

Criticizing
Blaming
Complaining
Nagging
Threatening
Punishing
Bribing



THE 7 CARING HABITS



Listening

Encouraging

Trusting

Respecting

Accepting

Supporting

Always negotiating differences

What do we mean by 'relationships'?

- friendship
- family relationships
- intimate relationship
- coach - player
- boss - worker
- ... and many others



A 'good' relationship is one where people

- both respect each other
- get along well, have fun together, share things that are important to them
- can work out differences

Activity: “A slight disagreement”



Choose **one** of the following relationship situations :

- Parent/Child
- Teacher/Student
- Coach/player
- Boss/worker
- Boyfriend/Girlfriend

**With a partner, invent a situation where there is a “slight disagreement” between the two people.
Decide which role each person will play.**

Activity: “A slight disagreement”

Round One:

Both use only the **red behaviours**

Round Two:

One of you chooses to use the **red habits** and one the **yellow habits**.

Round Three:

Both parties choose the **connecting (caring)** habits



“The Question”:

“If I do or say this right now, will it bring us closer together or drive us further apart.”



Relationships



“All human problems are human relationship problems.”

“ I have noticed that happy people are constantly evaluating themselves, and unhappy people are constantly evaluating others.”

“Success in any endeavour is directly proportional to how well the people who are involved in it get along with each other.”

William Glasser

So... What's this got to do with our mental health?



- In what ways can a “relationship break-up” impact on someone’s mental health?

And two things to think about:

- What relationship is most important to you in your life right now? What connecting and disconnecting habits are you currently using?
- What connecting and disconnecting habits are you currently using with yourself? We tell ourselves things all the time. What different things could you choose to say to yourself?

Reflecting on the information for today

What habits do you maintain in your relationships with yourself, with others

What habit do you knowingly use frequently in trying to control your close relationships?

How is what you are doing currently working to gain relationships you desire?

Name two relationship habits you will start using.

"The Wolves Within"

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves. One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

