

## LESSON 2: MY RELATIONSHIPS, MY NEEDS



### Learning Objectives

- To become aware of what people individually want from their relationships .
- To understand types of relationships and their benefits.
- To analyse personal values connected to partners/ people with whom we have relationships.

### WARM-UP

- Participants should think of 3 animals that they would like to be turned into. It is important that they think of 3, and no fewer and they should remember the order of their preference. A few can volunteer to share their 3 preferences and quick reasons why they would want to be turned into those animals and not others. If done online, all participants can write in the chat their preferences. The facilitator should also share their preference.
- At the end, the facilitator announces the interpretation of this game: animal 1 represents what you would like to be. Animal 2 represents the way you really are. Animal 3 represents the way the other people see you as.

### Activity 1: Relationships

**1** The facilitator creates a word spiderweb for “relationships” using ideas from participants, who are invited to think of any word or phrase that comes to their mind when they think of relationships. If the session takes place online, this can be done on a Google Jamboard, using virtual postits, or on the Zoom whiteboard add-on. At the end of the brainstorm, the facilitator should review all the contributions, grouping them by values, feelings, relationship types, partner types, etc.

**2** Make a list of a few types of relationships, highlighting some possible positive and some negative aspects of relationships, as they appear or are suggested in the word spidergram. Make a list of some important values/personal goals or personal objectives as they are suggested in the spidergram.

**3** Conclude with some key messages:

*There are many types of relationships.*

*Sometimes they are positive, sometimes not so much.*

*We want different things from our relationships. Our personal needs/objectives are important and we should be aware of them when we build relationships with various people.*

WARM-UP

|

ACTIVITY 1: RELATIONSHIPS

|

ACTIVITY 2: WHEEL OF CLOSENESS

|

CONCLUSION – LEARNING POINTS

|

ASSIGNMENT: INTERVIEWS

## LESSON 2: MY RELATIONSHIPS, MY NEEDS



### Learning Objectives

- To become aware of what people individually want from their relationships .
- To understand types of relationships and their benefits.
- To analyse personal values connected to partners/ people with whom we have relationships.

### Activity 2: Wheel of closeness

**1** The participants are invited to individually map their relationships. The instructions should be clear that they will not be asked to disclose anything that they do not want to. Each participant should draw 3 concentric circles on a blank sheet of paper. Then they write various people in their lives in the circles, according to how close they are to those people: those they are the closest to should be written in the inner most circle, and the others should be written farther away from the center point, in the outer circles or the outmost circle.

**2** Ask participants to reflect and take a few notes individually, asking the following questions (the questions should be visible in writing, as well, to aid the reflective thinking):

*What do you gain from the people closest to you?*

*What do you want to have less of from the people closest to you?*

*What about the people that are farthest from you? What do you want to gain from them?*

**3** Invite participants to share in pairs some of the gains or values that they would like to have from the people in their circles. What is it that they would like to receive from these various people?

WARM-UP

ACTIVITY 1: RELATIONSHIPS

**ACTIVITY 2: WHEEL OF CLOSENESS**

CONCLUSION - LEARNING POINTS

ASSIGNMENT: INTERVIEWS

## LESSON 2: MY RELATIONSHIPS, MY NEEDS



### Learning Objectives

- To become aware of what people individually want from their relationships .
- To understand types of relationships and their benefits.
- To analyse personal values connected to partners/ people with whom we have relationships.

### Activity 2: Wheel of closeness

**4** The participants return to the whole group and the facilitator invites them to reflect on romantic/sexual relationships that they might have currently or would like to have. Ask them to have that particular person/ those particular people in mind, if they are currently involved in a romantic/sexual relationship or if they would like to have a romantic/sexual relationship with specific people currently. If not, they should think of the ideal romantic/sexual relationship that they dream about. Ask the following questions:

*What would you like to gain/receive in this relationship? What are the positive aspects of their relationships?*

*What would you like to not have in this relationship? What are less positive aspects of their relationships? Why is that?*

*What are some ways in which we can increase the gains/benefits and reduce the less positive aspects?*

**5** Now invite the participants to imagine what their current or imaginary romantic/sexual partner/s would say if they were doing the same exercise:

*What would they gain/receive from you? What would they value in their relationship with you? What would they not want to have in this relationship with you? Why is that?*

**6** Conclude with some key messages/learning points:

*There are good and less good things/gains we get from people we have relationships with.*

*We have a level of control on these gains, as long as we are aware of what relationships mean to us and what we want from them.*

### ASSIGNMENT

Conduct interviews with 3 young and 3 adult people about relationships. What do they want from their relationships? What do they not want to happen in their relationships? In what they do their relationships matter to them?

WARM-UP  
|  
ACTIVITY 1: RELATIONSHIPS  
|  
ACTIVITY 2: WHEEL OF CLOSENESS  
|  
CONCLUSION – LEARNING POINTS  
|  
ASSIGNMENT: INTERVIEWS