

## **Exploring Relationships**

### Session 1: Defining Relationships

The first session is going to focus mainly on the types of relationships that we have in our lives such as families, friends, and significant others. Our discussion will focus on the aspects of these relationships that effect our lives and whether they are positive or negative influences. We want the students to begin to recognize the strengths and weaknesses in the interpersonal structures in their lives.

### Session 2: Thinking Errors

During the second session with the students we will begin to focus on the aspects of our personalities that makes maintaining relationships so hard. Thinking errors are thought patterns that can justify, minimize, or change the truth about our actions or the circumstances around us. By helping the students to recognize thinking errors and helping them know how to correct their thought processes their relationships can be based more on truth and thus be more meaningful. The following are possible thinking errors that we will cover.

- Anger
- Assuming
- Confusion
- Excuses
- Helpless
- Lying

### Session 3: Forgiveness

The third part of our experience with the students is a little bit more personal than the first two sessions. We want to discuss the topic of forgiveness and how important it is in order to have healthy relationships. For this session, we would like to do an activity with the students to allow them to share anonymously a hurtful experience from their past and give them a chance to let go of the pain through forgiveness. Because this is a particularly sensitive part of the experience, we would like to divide the students up into smaller groups to encourage a more intimate setting for sharing their thoughts on the topic of forgiveness.