

# Learning Outcome 02 and 03

Outline the characteristics and values needed for the formation of healthy relationships.

## Assessment Criteria

ISR	LEVEL 3 - Assessment criteria	K&U	A&A	S&E
3.1	Describe the meaning of values through examples	X		
3.2	Contrast the nature of a healthy relationship with that of an unhealthier one		X	
3.3	Reflect on own values and life goals in relation to own relationship with others			X



## Values Assessment Worksheet

“A value is defined as a principle, standard, or quality considered inherently worthwhile or desirable. Individuals, groups, and whole societies hold values. Values are what motivate and fulfill you. They imbue your work and your life with meaning. ...In essence, a value is what is important to you.”  
*Julie Jansen, I Don't Know What I Want, But I Know It's Not This*

“Values are a matter of what guides you through every day, every task, every encounter with another human being.” - Richard N. Bolles, *What Color is Your Parachute?*

Your “purpose” in life has a lot to do with what kind of impact you want to make in the world and the way you want to live. This is clarified and defined by your values.

### Recognise the meaning of values.

### Values Clarification Activities

1. Recall times when you have been so absorbed in what you were doing that you hardly noticed the time passing by. What were you doing? What were you involved in? Describe the project?




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2. Think about the things that you find most Meaningful. What do you think of? Include 2 ideals / principles, 2 feelings, and 2 activities.

(Please Turn Over – PTO)



Identity  
 Inclusion  
 Influencing people  
 Improving or perfecting something  
 Independence  
 Integrity  
 Inspiration  
 Job  
 Kindness  
 Leadership  
 Learning  
 Leisure  
 Liberty  
 Life  
 Listening  
 Love  
 Mastering a technique/field  
 Mercy  
 Open-mindedness  
 Optimism  
 Peace  
 Personal development  
 Persistence  
 Physical activity  
 Purity  
 Purpose



Receiving recognition/impressing people  
 Repairing or fixing something  
 Respect  
 Religion  
 Risk-taking  
 Safety  
 Scope  
 Security  
 Self-expression  
 Sharing  
 Spirituality  
 Stability  
 Status  
 Suffering  
 Teamwork  
 Tenacity  
 Truth  
 Visioning  
 Voluntary work  
 Wealth  
 Wisdom  
 Other: \_\_\_\_\_  
 Other: \_\_\_\_\_  
 Other: \_\_\_\_\_  
 Other: \_\_\_\_\_



5. Now, choose the ten most important to you and then prioritize them.

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

**Identify common personal characteristics of persons who share the same values.**

6. Mention 5 common personal characteristics of persons who like you have a passion for the same choice of career and other similar interests.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Relate own strengths, talents and capabilities with choice of prospective career**

7. When it comes to your choice of possible career, can you describe in your own words what are your strengths, talents and capabilities for your choice?

Your Strengths for your career choice.

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Your Talents for your career choice.

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Your Capabilities/Skills/Competences for your career choice.

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**Identify the major qualities that contribute to the development of a strong personal intimate relationship.**

8. Which are according to your opinion, the 3 major qualities that contribute to the development of a **strong** personal intimate relationship?

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

Rank in your order of priority, which of the Values (below) show most 'RESPECT'.

1st: \_\_\_\_\_

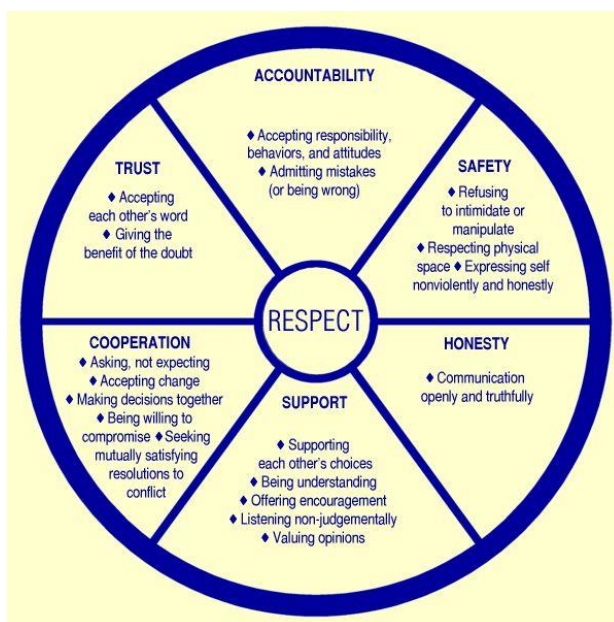
2nd: \_\_\_\_\_

3rd: \_\_\_\_\_

4th: \_\_\_\_\_

5th: \_\_\_\_\_

6th: \_\_\_\_\_



**C3. Explain personal genuine motives and feelings towards initiating and/or maintaining a personal intimate relationship.**



## Five rules to a relationship:

- 1 :- Stay faithful.
- 2 :- Make them feel wanted.
- 3 :- Respect your partner.
- 4 :- Don't flirt with others.
- 5 :- Make time.

9. How do you feel about these 'Five rules to a Relationship'? What are your thoughts? Why are these basic rules important? What are the consequences if these 5 basic rules are broken?

9a. How do you feel about these 5 rules?

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9b. Why are these basic rules important?

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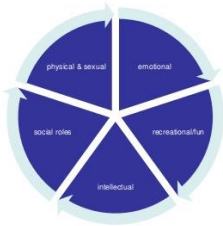
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Explain personal genuine motives and feelings towards being in a personal intimate relationship.




### 5 dimensions of intimacy

Schaeffer and Olsen (1981)



### Hierarchy of personal relationships

- Acquaintance
- Friendship
- Kinship
- Intimate social relationship
- Sexual relationship
- Intimate sexual relationship




### Identity needs

#### Individual

- Acceptance
- Love
- Belonging
- Intimacy
- Opportunities for growth

#### Connection



10. What do you look for before starting a personal intimate relationship? What are the most important Life qualities you want to achieve through a relationship?

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**C5. Predict the impact of a set decision upon the status of a relationship.**

11. What are the consequences if these 5 basic rules are broken?

11a. *If you're not faithful?*

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11b. *If you don't make your partner feel wanted?*

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11c. *If you don't respect your partner?*

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11d. *If you flirt with others?*

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11e. *If you do not make time for your partner and each other?*

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**C6. Discuss the implications of acting irresponsibly in varying situations such as intimate engagements, the use of diverse substances and other habitual practices.**

Read and observe the warning signs of unhealthy relationships in this picture and answer the questions on the next page.

**What are warning signs of unhealthy relationships?**

- ▶ Checking your cell phone, e-mail, or other private messages without your permission
- ▶ Constantly putting you down
- ▶ Extreme jealousy
- ▶ Explosive temper
- ▶ Isolating you from family or friends
- ▶ Making false accusations
- ▶ Mood Swings
- ▶ Physically hurting you in any way
- ▶ Possessiveness
- ▶ Telling you what to do

Discuss in your own words, what according to you are those implications/consequences of acting IRRESPONSIBLY on a personal intimate relationship?

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What are the implications/consequences of acting IRRESPONSIBLY on the use of diverse substances?

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What are the implications/consequences of acting IRRESPONSIBLY on other habitual practices such as over-speeding?

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