

# DEFINING THE RELATIONSHIP

## Lesson 13

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### Workbook Assignment

*Moving Forward*

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### Overview

This lesson encourages the participants to build on knowledge and insights gained from previous relationship experiences. Participants will be asked to utilize that understanding to determine future dating goals.

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### Objectives

- ◆ Participants will identify four areas for improved self-awareness.
- ◆ Participants will determine positive behavior changes for future relationships.

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### Vocabulary

plan  
capability

goals  
potential

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### Key Concepts

- Everyone learns from past experiences.
- Each new relationship is an opportunity to begin again.
- Four areas for personal growth are: *stay positive, know yourself, gain confidence, and set new goals.*
- It is possible to make new choices and set behavior goals.
- Developing a strong support system for the relationship is helpful.

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### Preparation for Lesson

Instructor will need:

- Workbook pages *Moving Forward*
- Body cut-out from previous lesson

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### Teaching the Lesson

Part two of the caricature project.

Begin the lesson by asking the class members to take out the cut-out figure from the previous lesson. One half of the figure should

already by filled in with words or drawings that represent feelings from a negative experience.

- Assign the workbook pages *Moving Forward* for this lesson. Tell the class members that even though a person goes through a difficult situation or disappointment, it is important to look for things that can be gained from the experience. Introduce the lesson by reading through the opening paragraph of the workbook lesson that stresses the importance of learning from past experiences. Ask the participants to work through the lesson on their own, and apply what they have learned about relationships to a future situation.
- When the workbook assignment has been completed, ask the participants to fill in the remaining half of the cut-out figure with positive things they have learned from personal experience. They may include information and answers from the workbook.
- Divide the class into small groups of approximately 4 or 5 members. Have the participants present their characters' "stories" to the other group members. They should focus the discussion on what they have learned from their experiences and setting new goals for the future. Class discussion can follow if time allows.

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## LECTURE NOTES:

The majority of individuals gain important insights about life from past experiences. Ideally, it would be nice if human beings only had to deal with positive situations throughout a lifetime, but that is not the case. Some of life's most beneficial lessons come from struggles and disappointments. People have the capacity to learn from all types of experiences. It appears to be less important whether the experiences are positive or negative and more important how the individual has chosen to use what he/she has learned for personal growth.

Individuals who are able to move forward regardless of his/her past experiences are said to be resilient. Resiliency is not innate, however. People who have the capacity to overcome difficulties or deficiencies demonstrate adequate coping skills they have learned. Many adolescents today need assistance in this area. Young people can be encouraged to see that their life experiences can be used in a positive way. Knowledge that has been gained from their experiences can be applied to future situations. Each time one is faced with the challenge of making new beginnings, it is an opportunity to utilize one's increased understanding of self and the world.

As with all life experiences, the course of events depends on decisions that are made at the time. The personal choices one makes will ultimately determine the quality and direction of one's life. Young people can learn increased coping skills to improve resiliency. In order for a young person to have the greatest potential for future success there are four areas of personal growth to consider: 1) stay positive - don't allow self-doubt, fear, or anger to determine one's overall attitude toward success. The past is behind, learn from it, and move forward; 2) know yourself - understand personal strengths and limitations. Avoid situations in the future that make one vulnerable; 3) gain confidence - one needs to feel competent and able to effect control; 4) set new goals - know that it is possible to make new decisions and move in a new direction.

