

Handout 2

THE SOIL OF RELATIONSHIPS

Post this handout somewhere you will see it daily and use it as a springboard for reflection and action in the coming week.

Seek opportunities this week to listen with love and learn from others as you implement three reminders of healthy relationship skills. Record your thoughts and experiences in your journal.

1. Loosen up.

In conversations or meetings with difficult people, intentionally focus on breathing deeply and making space for the possibility of finding common ground.

2. Collaborate.

Identify a project—at home, work, or church—that involves other people. Intentionally seek help from others in making decisions about the project.

3. Open to the possibility of change.

Read an article or seek a conversation with someone whose viewpoint differs from yours. Practice active listening and note new ideas that emerge.

