



Module #8 of 10

**UK Extension's
Universe of
Possibilities™**

TEACHING OUTLINE—HEALTHY RELATIONSHIPS

THIS IS A BRIEF TEACHING OUTLINE for the eight-page publication **Healthy Relationships**, the eighth of 10 modules in the educational series titled **UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others**. The other educational modules in the series are listed on Page 8 of the publication. Before presenting this program, read and thoroughly study **Healthy Relationships**.

- ◆ Please present this program in a way that feels good to you and that best meets the unique needs of your group. As time permits, draw from some or all of the suggestions that follow.
- ◆ Start the session by asking group members to stand and take three long, deep, pleasant in-breaths and out-breaths. Follow this by leading participants in a big, slow stretch. Next, smile and, being respectful of the differing capabilities of those present, lead the group in a couple of simple, short, and very gentle physical exercises. Before having them sit down, invite participants to exchange shoulder massages.
- ◆ Encourage participants to share their responses to questions such as: *What makes a friendship really work? How are men and women different, particularly in the area of relationships? Why do we have a relatively high divorce rate, and do you have suggestions for reducing it? Can you tell about a friendship between a human being and an animal that particularly touched you?*

- ◆ Drawing on Pages 2 and 3 of the publication, introduce your group to the Target of Life concept. Explain how staying centered on the Target of Life helps us to be more accepting and loving, to make wiser choices, and to follow our noble urges and dreams for the betterment of society.
- ◆ Go over the introductory section and “What the Research Tells Us” on Page 4. Ask participants if these findings ring true to them. Encourage them to give some real-life examples.
- ◆ Discuss the following sections on Page 4: “Honesty is the Best Policy” and “The Gift of Forgiveness.” Honesty and forgiveness should be stressed as two of the most important qualities in healthy relationships.
- ◆ Spend time on “The Path of Friendship” (Page 5), as these suggestions can do so much to strengthen and enrich all relationships, including those among larger groups and entire societies.
- ◆ Emphasize “Expanding Your Circle of Love” (Page 6). Ask group members to comment.
- ◆ You’ll find other great ways to involve your group in the concluding sections “Questions to Ponder and Discuss” and “Skill Builders.”
- ◆ It’s important to give the members of your group an opportunity to create small, easy-to-manage personal action plans. Guidelines for doing this can be found on Page 7 under the heading “A New Possibility.” It’s always a good idea to let participants share their action plans.
- ◆ Be sure to conclude with one or more of the “Positive Thoughts” on Page 7.