

# Skills for Living

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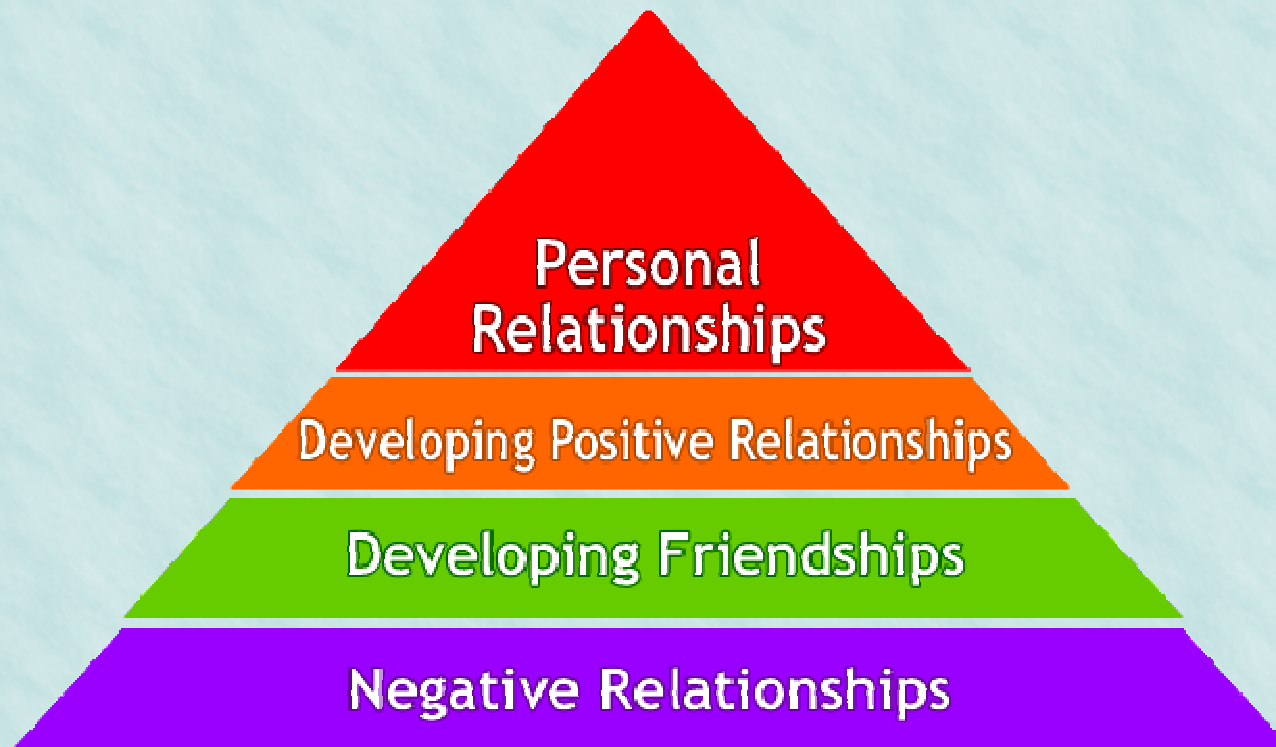


Goodheart-Willcox Co., Inc.  
Tinley Park, Illinois

# Chapter 6

## Personal Relationships

In this chapter, you will learn



# Topic 6-1

## Developing Positive Relationships

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- In this topic, you will learn about those relationships that are healthy and satisfying for you and the people with whom you relate, as well as
  - ❖ **Types of relationships**
  - ❖ **Benefits of positive relationships**
  - ❖ **Qualities needed for positive relationships**

# Developing Positive Relationships

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## **Objectives for Topic 6-1**

After studying this topic, you will be able to

- discuss types of relationships
- list benefits of positive relationships
- describe how to develop key elements that form the basis of positive relationships

# Topic 6-1 Terms

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- ❖ sibling
- ❖ networking
- ❖ mutual respect

# Types of Relationships

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- You will be involved in many different relationships throughout your life
  - ❖ parents
  - ❖ siblings
  - ❖ peers
  - ❖ romantic relationships
  - ❖ work relationships

# Parents

- The first relationship infants form is with their parents
- The relationship patterns change as the child grows



# Siblings

- *Siblings* are brothers and sisters
- Building positive relationships with siblings prepares you to build positive relationships with peers





# Peers

- Relationships with peers become very important during the teen years
- Teens are likely to choose friends with whom they can build positive relationships



# Romantic Relationships



- Romantic relationships start during the later teen years
- They are positive because caring for people adds meaning to life

# Work Relationships

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- Work relationships are less-intimate relationships based on respect for the feelings of others
- A good attitude can help coworkers relate to one another



# Benefits of Positive Relationships

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- Physical—fewer physical illnesses
- Emotional—enhanced emotional well-being
- Social—involved in more activities
- Economic—people who enjoy their work will do a better job and get more raises
- *Networking*—forming an interconnected group to help one another

# Qualities Needed for Positive Relationships

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- ***Positive self-concept*** means that you see yourself as worthwhile
- ***Mutual respect*** means regarding others with honor and esteem
- ***Trust*** is having confidence in people
- ***Openness*** refers to an atmosphere in which people feel free to share their thoughts and feelings
- ***Reliability*** involves keeping your word as well as following routine patterns of behavior

# Positive Self-Concept

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- When others see that you think highly of yourself, they are likely to think highly of you as well
- An important part of friendship is giving and receiving positive feedback

# Mutual Respect



- People in positive relationships know they do not have to agree on everything
- However, they do respect each other's right to differ

# Trust

- People in a positive relationship have confidence in each other
- To earn this trust, people must be careful not to betray the confidence another has vested in them





# Openness

- People in positive relationships create an atmosphere where people feel free to share thoughts and feelings
- This makes people comfortable about opening up to others



# Reliability



- Reliability helps people know what to expect from others in relationships

# Activity

- Think about a positive relationship in your life
- List some ways you have shown qualities that help build positive relationships

| Qualities   | Ways I have shown the qualities |
|-------------|---------------------------------|
| Respect     |                                 |
| Trust       |                                 |
| Openness    |                                 |
| Reliability |                                 |

# Summary for Topic 6-1

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- Positive relationships will bring you different types of benefits
  - ❖ physical
  - ❖ emotional
  - ❖ social
  - ❖ economic

# Summary for Topic 6-1

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- Factors that will help you build positive relationships
  - ❖ positive self-concept
  - ❖ mutual respect
  - ❖ trust
  - ❖ openness
  - ❖ reliability