

Worksheet 6.4 Nurturing and Maintaining Relationships



Source: Photograph by Akil Mazumder www.pexels.com/photo/person-holding-a-green-plant-1072824/

Just as a plant needs key elements to grow and thrive, relationships require certain conditions to develop and be maintained. Using the metaphor of relationships as a precious plant:

What would bring sunshine to the relationships (what kind of things would be nice to put in and get out of the relationship)?

What would give the relationships water (what would the relationship need on a regular basis to survive)?

What would allow the relationships to be protected from storms (what may prevent it being harmed by outside forces)?

How can you make sure the relationship has strong roots (what will allow the relationship to feel safe and secure)?
