

## Worksheet 6.4 Nurturing and Maintaining Relationships



**Source:** Photograph by Akil Mazumder [www.pexels.com/photo/person-holding-a-green-plant-1072824/](http://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)?**

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

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

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

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