



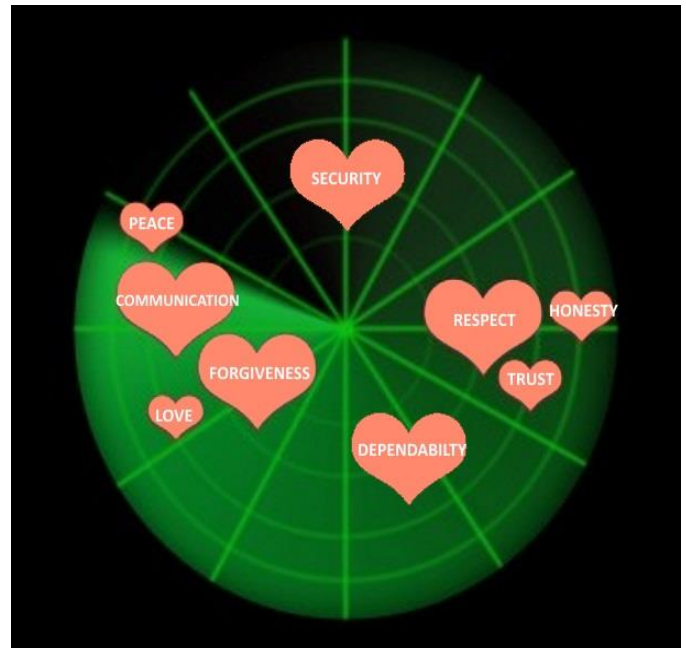
Readjusting Your Relationship Radar

What is a Relationship Radar? To understand, answer and discuss the following questions:

- ★ When you look at your history of relationships, can you notice a pattern with regard to the types of people you attract?
- ★ Do you see a pattern with regard to the types of personalities of people you are attracted to?
- ★ Have you gotten into more than one dysfunctional relationship despite your best efforts to avoid negative people?

If you answered “yes” to any of the above questions, you may need to adjust your **Relationship Radar**. If you answered “no” to the above questions this exercise can still be useful as everyone can use some improvement with their relationships. No relationship is perfect and there is always room for improvement. If you are not in a relationship, this can help you to prepare to make healthy choices in the future when you are ready.

Just like a real radar is used to find certain types of targets, your **relationship radar** is your mind’s way of searching out certain kinds of relationship partners and qualities. Sometimes, a person’s relationship radar can be focused finding the wrong kinds of relationship partners:



*Searching out and finding positive people does not come naturally to everyone.
The relationship radar may need an adjustment*





Opening Exercise: Intersecting Hearts

Directions: Directly below is a list of some different qualities that people display in relationships. In the intersecting heart drawing on the following page, place the qualities that you display in the heart labeled “Me” and place some of the qualities your relationship partner shows in the heart labeled “them”. Qualities that both you and your partner tend to show, you can write in the middle box labeled “Us” (If you currently are in a relationship use that relationship. If you are not in a relationship, fill this out based on your past relationship experience).

Use some of the following qualities if you want or feel free to use your own ideas:

Trusting	Generous	Expressive	Needy	Sneaky
Loyal	Giving	Affectionate	Dependent	Cold
Honest	Fun-loving	Thoughtful	Controlling	Aggressive
Kind	Considerate	Easy-going	Avoidant	Hurtful
Supportive	Caring	Patient	Demanding	Cheap
Dedicated	Reliable	Dependable	Inflexible	Jealous
Spontaneous	Faithful	Cautious	Abusive	Insecure
Sober	Gentle	Respectful	Explosive	Boring
Confident	Open-minded	Rude	Moody	Selfish
Wise	Good-Natured	Isolative	Intimidating	Materialistic
Reasonable	Agreeable	Critical	Irresponsible	Dishonest
Level-headed	Pleasant	Uncooperative	Unavailable	Addicted
Even-tempered	Appreciative	Rebellious	Negative Minded	Workaholic
Thankful	Interesting	Immature	Distrustful	Irritable
Courteous	Loving	Eccentric	Hypocritical	Angry
Humorous	Anxious	Demanding	Unpredictable	Clingy

PROCESS: When done filling out the hearts on the next page, review and discuss your completed diagram





Readjusting Your Relationship Radar:

- For starters, what do you personally think you need to change or adjust when it comes to relationships?

How to Adjust Your Relationship Radar: Some Key Guidelines:

- 1. Patience and Persistence Required.** If you haven't heard it a thousand times already: Change is a process, so it takes time. You can change your relationship habits and make better choices if you don't give up trying
- 2. Abstinence is Effective:** If you are **currently single* and working on changing yourself for the better, it may be a good idea to go out of your way to stay single for a while so that you can focus on yourself. Abstaining from relationships can eliminate a lot of distractions in your life. Learn to accept the fact that you don't need to be in a relationship to be happy. *If you are already in a relationship this does not mean simply dump your partner because that is not always an easy solution either
- 3. Learn NOT to Follow Your Heart** – “Following your heart” makes for good plotlines in romance movies but if you are someone who repeatedly keeps on getting into negative relationships, it is time to seriously focus on letting the head on your shoulders do more of the decision making. In other words, it can be helpful to let rational thought prevail over emotional reactions and attractions to other people. Consider and discuss the following:

Which is more important when it comes to finding a relationship partner?

- **Attractiveness? (Good looking)... or Dependability? (Trustworthy, There for You when needed)**
- **Fun & Excitement?... or Maturity & Responsibility? (Employed, Bills paid, Car/Driver's license, etc.)**
- **Sex Appeal & Seductiveness?... or Positive Values & Respectable Morals?**

(Obviously if you can have it all that's great but sometimes it may be necessary to make adjustments. Another obvious factor in this discussion is age: Younger people tend to have different priorities in relationships that change with age. The idea is to make sure your relationship priorities change for the better)

- 4. Consider Therapy** – Often an ongoing pattern of poor relationship patterns and behaviors can stem from unresolved conflicts from childhood. When we are children, our parents/guardians are our role models for relationships and therefore kids can pick up some negative relationship traits from parents. Things such as domestic violence, abuse, drug addiction, etc. in the home as a child can have an impact later in life. Also, couples counseling and marriage counseling can help a current relationship if both parties are willing to participate and make an effort to work on things together

FINAL DISCUSSION – What are YOU going to try to work on?

*A true relationship is having someone who accepts your past, supports your present,
loves you and encourages your future. - Unknown*