

There are certain fundamentals that, if mastered, will take you down the road of healthy relationships. The key to understanding relationships is that relationships involve people. And while every person is different, there are general principles that make most people tick. If we understand these basics or fundamentals and operate accordingly, we can make our bad relationships good and our good relationships great.

QUESTIONS FOR REFLECTION:

Q. What do you think about the distinction between love and like? Can you love everyone, even if you don't like them? Do you feel like you love others? How so?

Q. Are you a person characterized by serving others? How? What would others say about you in regard to this question? _____

Q. How are your communication skills? Do they hurt or hinder your ability to develop and maintain positive relationships? In what area do you need to grow most?

Q. Would you describe yourself as a person of patience? Do you lose it with people? What things really make you lose your patience? What can you do to change that? _____

