



BEING A HUMAN ... that's enough

Module 6 INTERPERSONAL RELATIONSHIPS

The Workbook for the Programme Participants

This document was made within the project “Establishment of Social Work at Schools and the Introduction of Personal and Social Education Programmes to Schools”. Realization of the project is possible thanks to the financial support from the European Social Fund through Operational Programme Effective Public Administration. For the information about the OP EVS visit www.opevs.eu.



Európska únia
Európsky sociálny fond



Operačný program
**Efektívna
verejná správa**

This project is realized by the civic association PERSONA. The partner of the project is The Slovak Chamber of Social Workers and Social Work Assistants.



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*“Whatever you want other people to do for you,
do also the same for them.”*

Jesus



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MODULE 6 INTERPERSONAL RELATIONSHIPS

Building harmonious interpersonal relationships, in which love and respect reign, is a long-term, continuous process. We form the one common human family together. We are the brothers and sisters of our Mother Earth.

Our role is to contribute to the common good, to know and protect common values and to act according to them. These common values include fundamental human rights, the work for the the good of oneself and the others, the freedom associated with the responsibility for oneself actions, the education that moves us closer to the truth, gives us more freedom and develops our personality, as well as our planet which is our home, and so on.

Respecting the common values brings well-being to the whole society and, conversely, acting, the lifestyle that is against them, harms the whole society.

The following tasks offer the reflection on these values and the opportunity to apply these values in your actions.



TASK 6.1: Who Has Been the Part of My Story Today?

Many other people are parts of our stories every day. Your task is to think about who has become the part of your story today.

1. Think of all those people who, directly or indirectly, have shared your story with their work, their kind words, or their presence alone. Write down your thoughts.

2. Think and write how you have become a part of the other people's stories today.

Self-reflection:

Can I think with love of those who, through their work, their kind words, or their presence alone, are directly or indirectly the part of my story? What can I be thankful to them for?

What have I done for the others today?

How do I want to contribute to the development of a network of interpersonal relationships?



TASK 6.2: Fair Play

Many people compare life to a game.

Some cards are dealt at the beginning. We can't choose the country, nor the family we are born to ...

However, it is still up to us, how we will play with the given cards then.

Many of us need much fewer things to live a happy life than we think and then we really have. It is up to us whether we can "invest" our material surplus into improving the living conditions of people who are much worse off than we are.

Promoting Fair trade is only one of ways how we can contribute to the common good and alleviate other people's suffering and problems.

Your task is to think about the following questions:

Which human problem do you care about? How can you alleviate the suffering of others? What specific steps will you take?

Self-reflection:

How are you doing in your commitment?

Have you managed to take any specific steps?

Do you need any support in fulfilling your commitment?



TASK 6.3: Plan A

Our Earth is the only planet in the solar system which has the conditions necessary to sustain life. This makes the planet Earth special.

Unfortunately, we often treat it as if we could get on a rocket after it was destroyed and fly to the “new world” we will live in. Maybe people will do it one day, but so far we cannot consider this scenario as a crisis plan B.

It is about time to stop, re-evaluate your behaviour and adapt your lifestyle to protect our environment.

Your task is to think how you can help to protect our planet.

The following list of behaviour patterns may be helpful:

- ✓ to protect and to restore the nature
- ✓ to save all the resources we have – water, air and electricity
- ✓ to use the ecological energy sources (solar energy, wind energy, etc.)
- ✓ to use ecological fuels, to reduce the use of private transport, to prefer the public transport
- ✓ to support walking, moving by scooter, bike
- ✓ to reduce waste production, to sort waste, to use recycled materials
- ✓ to be interested actively in the environment problems, to look for their solutions and to know how we can contribute to their elimination, solution
- ✓ to proclaim and to pass on the value of environmental protection to the future generations

Self-reflection:

Which of the behaviour patterns described above do you already have internalized?

Which patterns do you still need to learn?

How can we work to eliminate the bad habits that harm our planet?

What specific activities do you do in the field of environmental protection?

What would you need to be able to start any other environmental activities?



TASK 6.4: To Respect And To Be Respected

The others do not always treat us as we would like. And the same, we do not always act according to the others' needs and wishes. In such situations, as long as our requirements or the others' requirements are justified against us; we are talking about not respecting.

When we say that someone does not respect us, we usually mean that they are taking steps which concern us without our agreeing or taking our wishes into account.

How often do such situations happen in our lives?

1. Your task is to think about the situations where the others have treated you disrespectfully. *When did these situations happen? What feelings did the not respecting behaviour of the others evoke in you? How did you behave then?*

2. Then please, think about the situations when you did not behave respectfully to the others. *What were the situations? What was the reason for your not respecting behaviour? How did you feel about that?*

Self-reflection:

Can I master the situations where the others treat me disrespectfully?
Do I know who I could turn to if I could no longer deal with it on my own?
Do I behave to the others disrespectfully? Is this my behaviour common?
What triggers such behaviour? Am I willing to change my disrespectful behaviour into the respectful one? Do I need support for this? If so, which one?



TASK 6.5: The Dream School

Everything can be improved. If you could dream your school, what would it be like? Would it look like the school you go to?

In what would it be the same? In what would it be different? What do you like about your school? On the contrary, what would you like to get rid of at your school?

What would be your dream school like?

Your task is to think about these questions and to offer your perspective, your suggestions and ideas about what the school, that learns children to think and multiplies their natural enjoyment of learning, should be like.



Self-reflection:

Was it difficult to think about your dream school?

Is there anything you can do today to change the educational system?



TASK 6.6: It Was the Generation...

Once, your children ask you about the time you spent your childhood, youth, and adult life, what will you answer? What were the people of the 21st century? Why did they do what they did?

You may argue that this cannot be appreciated now, in the first half of the century.

You're right, however, when you think about living your whole life in the 21st century, it can tell you a lot.

How do you treat yourself, your loved ones, and people around the world?

How do you treat the nature and all the living beings we share our planet with?

Do you look for the truth and wisdom? What affects your thoughts, words, attitudes, actions?

Where does the humanity, the science, research go? Which of today sci-fi, do you think, will be the reality at the end of the 21st century?

The 21st Century Generation

It was the generation...



Self-reflection:

Was it difficult to think and predict what the 21st century generation would be like?
Is there anything in the direction of the 21st century generation that you would like to change?

MODULE 6 FINAL TASK: Your Character Is Your Destiny

The Tibetan Dalai Lama continued his conversation with Brazilian theologian Leonard Boff with the following words:

“You will have what you wish for the others.

Being happy is not a matter of destiny.

It is a matter of choice.

Take care of your thoughts, because they will become words.

Take care of your words, because they will become deeds.

Take care of your actions, because they will become habits.

Take care of your habits, because they create the character.

Take care of your character, because this creates the destiny.”

Your job is to write the statement about what your character is and how your character will be henceforth reflected in your thoughts, words and actions.

NOTES



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