



# BEING A HUMAN ... that's enough

## Module 7 PARTNER RELATIONSHIPS

Workbook for the pre 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 <http://www.reformuj.sk/>.



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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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**Module 7 PARTNER RELATIONSHIPS**

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Authors:

Mgr. Martina Gymerová

Mgr. Eva Krššáková

Pictures:

Miroslav Záškvára

Translation:

Mgr. Mária Tisoňová



PERSONA, Vrančovičova 29, 841 03 Bratislava, [www.ozpersona.sk](http://www.ozpersona.sk)

Slovak Chamber of Social Workers and Social Work Assistants, Mokrohájska cesta 3,  
841 04 Bratislava, [www.socialnaprava.sk](http://www.socialnaprava.sk)

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*“For a person the love is more difficult than maths,  
often with unsolvable problems.”*

Albert Einstein



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## MODULE 7 PARTNER RELATIONSHIPS

Preparing for a partnership begins in our families where we grow up. Our parents are usually the models for us to follow or the warning that we want to avoid.

If we only stayed at criticizing our parents' partnership life, there would be no desired change. This may only happen if we are willing to spend our time and energy to systematic preparation for our future partnership life.

And we are encouraged also by this module and the prepared tasks to help us to arrange our views on partnerships and too improve our skills. In this way, we can greatly influence the quality of our partner life.

We wish our partnerships to be a joy and enrichment for us and a positive example for our children. Let's work on ourselves to truly become this positive example.



### **TASK 7. 1: Like Mother Like Daughter. Like Father Like Son.**

The people we live with affect us more than we would ever like. To a large extent, our parents influence us in the functioning of the partnership. We do not have to necessarily repeat our parents' behavioural patterns with which we are not identified. However, we need to understand the reasons that lead the parents to such behaviour and take steps not to repeat the patterns that we have learnt in the childhood.

Now think about and answer the following questions:

***1. How would you describe the relationship between your mother and father? How would you like to be inspired by your parents' relationship in your partner life? In what way would you want your partner life to be different?***

***2. How would you characterize your relationship with your father?***

**3. How would you characterize your relationship with your mother?**

**4. What qualities do you admire on your father? What characteristics do you consider to be negative to your father?**

**5. What qualities do you admire on your mother? What characteristics do you consider to be negative to your mother?**



**6. In what features would you like to differ from your father? What concrete steps do you want to take to change your behaviour patterns?**

**7. In what features would you like to differ from your mother? What concrete steps do you want to take to change your behaviour patterns?**

**A tip for building a partnership:**

*Try to spend enough time with your partner's parents. Get to know their personality, ways of communication, ranking of values. Watch how they treat each other. Parental behaviour patterns have also greatly influenced your partner. If some things worry you, discuss them thoroughly with your partner. If necessary, you should plan some steps to avoid the proverb Like father like son to become reality in your partnership.*



## TASK 7.2: Ideal Partner

The ideal partner as a human prototype does not exist. Each of us is unique so the partner who is “ideal” for one person may not be “ideal” for the other.

When choosing a partner, we need to consider the mutual difference, as this also affects our partnerships. Our difference may, and can, enrich us, however, too big differences create a mismatch that can quickly grow into mutual quarrels and frustrations.

The difference is not inferiority and so it must be respected. In the case of great mutual differences, we must respect the fact that our two worlds are different and we must learn to look at the world through our partner’s eyes, understand it and accept the differences.

Now your task is to think about what partner would be right for you. However, it is essential to know yourself in the areas that have a major impact on partner alignment. Answer the following questions:

### 1 Personality traits

*We have discussed this theme in the first module of our programme.*

*How would you characterize your temperament features?*

*What temperament features should your partner have in order to complement each other and at the same time, the both of you not to be frustrated by your differences?*

*extrovert – introvert*

---

*active - passive*

---

*quick - slow*

---

*risking - careful*

---

*sentimental - rational*

---

*cheerful - serious*

---

*leader - led*

---

*resolute - hesitating*

---

*improvising - systematic*

---

*confident - unconfident*

---

*impulsive – calm*

---

*optimist - pessimist*

---

## **2. Intellectual feature**

*What are your study results?*

*What learning goals have you set for the next 5 years? Can you formulate your current career plans according to your strengths and interests? Do you have any expectations about the level of education of your partner?*

## **3. Emotional balance**

*How have you felt today? What has caused your feelings? Can you name your feelings and say what has caused them? Can you share your feelings with the others?*

*How do you respond to crisis situations? Are there in your reactions any inappropriate behavioural patterns, such as falling into depression, violence (physical or mental), running away to alcohol, drugs and so on?*

*What are your expectations about the emotional feature of the partner's personality?*

#### **4. Social interests**

*What social events have you joined last month? What have pleased and what disappointed you about them?*

*What sports do you like? What sport events do you attend?*

*What cultural events (theatres, concerts, cinemas) do you attend?*

#### **5. Spiritual values**

*In what spiritual environment have you grown up?*

*Have your parents led you to faith? If so, have you accepted this religious belief as your own?*

*How is your faith /worldview reflected in everyday life?*

*If you have children, would you like to lead them to a particular religion/ worldview?*

*Do you consider it important to be united with your partner in spiritual values?*

## 6. Physical aspects of the relationship

*What kinds of physical touch express the love from your point of view?*

*What physical touches are unacceptable to you?*

*Do you expect respect from your partner in what is acceptable to you and what is not?*

## 7. Do you have any other expectations that your partner should meet?





### TASK 7.3: My Primary Love Language

There are three ways which may help us to discover our primary love language. In this task you will try to think about it. And according to observing your behaviour, you will try to identify your primary love language.

**1. Your first task is to concern on your own behaviour.**

How do you usually show your love and appreciation to the others?

*(We would probably want the others to communicate with us in the love language that we speak in.)*

**2. Notice what you complain about most.**

What makes you most angry with your relationships?

*(Our complaints reveal what the others can please us most with.)*

### **3. What do you most often ask from the others?**

*(Our requirements reveal what the others can please us most with.)*

#### ***Self-reflection:***

Can I define my primary love language by observing my behaviour?

If you have some troubles determining your love language, you can try the quiz about the love languages that is at the end of this publication.

#### **My primary love language:**

*It is good to know that we usually speak several love languages, but the one of them is more important for us. This one we call the primary love language.*

*Maybe your parents, friends and other close people show you the love in different languages and therefore it is good when you understand it. Also it is good when your close people will know your love language and show you the love in the way which you understand the most.*

*It is also good to make an effort to talk to your loved ones in their primary love languages.*



### TASK 7. 4: Conflict Solving in a Partner Relationships

Conflicts are the natural parts of partnerships. Each of us is unique, it means also that partners often have different wishes, opinions on what is nice and what is not. Different things can please or anger them.

If we do not agree on something with the partner, it does not mean that he/she is not “the right person”.

We all tend to think that our thoughts and ideas are the best, and we forget that our partner thinks the same about himself/herself.

Our ideas and view of life are influenced by our personal history, our personality traits and our ranking of values. However, these factors are different for each person.

If we do not agree with the partner, we need to talk about it. However, if we forget to listen to, our disagreement will result in an argument. Conversely, when we listen to each other, we realize that we understand each other's views and can start to find the solution of the conflict together.

We discussed the issue of the conflict solving in the third module of our programme.

Your task is to refresh your knowledge and skills and try to change your approach to the conflicts you are experiencing.

You can also declare your changed approach to the conflict solving by changing your asking. Instead of: “*Let’s talk together.*”, you can suggest: “*Let me know when I can hear your view of the situation.*”

Then, while listening to the other, try to avoid the following inappropriate behaviour: jumping into speech, refuting the other’s opinions, convincing your truth.

#### **Self-reflection:**

Has your changed approach to the conflict solving brought any positive results?

Why do you think so?

Is there anything you still have trouble with when solving the conflicts?

What support do you need to overcome these problems?





## TASK 7. 5: My Life Map

A stable partner relationship is based on a friendship and mutual story sharing. We all love stories. We love our own story, but also we love the fact that someone else is interested in our stories.

In friendly relationship we are interested in what the other person likes, what makes him/her uncomfortable, what are his/her peculiarities. We know his/her strengths but also the features that he/she would not like to have. We know what pleases or grieves him/her, where he/she succeeded and what he/she failed. We know friend's dreams and desires. Mutual getting to know each other brings the safety in the relationship and this feeling encourages further sharing and closer learning.

Your task is to make your life map. When creating it you can be inspired by answering the following questions: *How has your life flowed to this day? Which events have affected your life? What people are the important parts of your life way? What places do you like? What successes have you experienced? What failures are the parts of your story? What are your hobbies? What are your dreams? What are your strengths and weaknesses? What are your needs?*

Use a special paper to draw your life map, we recommend a larger format drawing.



Source: <http://helensandersonassociates.co.uk/person-centred-practice/maps/>



### TASK 7.6: Gifts to Please

Gifts are visual symbols of love. They may have different shapes, sizes or colours. Some gifts are expensive, others are free. They may be bought, found or made. From an early age, children tend to give gifts to their parents.

This may also be the sign that giving the gifts is essential for the love.

In this task you are going to practise your skill of being a professional giver.

**1. Write the names of three close people that you like.** They can be members of your family, friends, teachers and so on.

**2. Think what gift would please each of them.** Think about each loved person separately and choose the gifts that you are able to get for these people.

**3. Get these gifts and give them to those chosen people.**

How have the gifted people responded?

After giving the gifts you can talk to each gifted person about this task and ask them how much they enjoyed them on a scale of 1 to 10, and how you guessed the type of gifts that they like.

**4. Write down the answers of the gifted people.**

Use the chart on the next side to complete this task.

#### **Self-reflection:**

*How have you felt as a giver?*

*Was it difficult to think out the gifts that would please the others?*

*How have you managed to get the gifts?*

*How successful were you with the gifts?*

*Do you think you can improve your gift skills? How could you do that?*

**Person 1**

Gifted person's name	
Gift	
On a scale of 1 to 10, how pleased was the person with the present?	
On a scale of 1 to 10, how did you guess the <b>type</b> of gifts that the gifted person likes?	

**Person 2**

Gifted person's name	
Gift	
On a scale of 1 to 10, how pleased was the person with the present?	
On a scale of 1 to 10, how did you guess the <b>type</b> of gifts that the gifted person likes?	

**Person 3**

Gifted person's name	
Gift	
On a scale of 1 to 10, how pleased was the person with the present?	
On a scale of 1 to 10, how did you guess the <b>type</b> of gifts that the gifted person likes?	



### TASK 7.7: Housework

*"Toilets do not clean themselves,"* a partner advisor is warning the couples that are planning to marry. And not just the toilets ... Even the rubbish itself won't take out and the dust will not disappear from the shelves by flicking the magic wand.

The aim of this task is to think about the types of housework which are necessary to do at home and to judge your own skills in this area.

*How can I help to the smooth functioning of the household – the one I live in now, and the one I'll live in once? Which activity I like? What types of housework I never do? Am I willing to adapt my comfort zone in this area?*

LIST OF HOUSEWORK	My skills on a scale of 1 to 5	My attitude 😊 / 😞
<i>E.g. cooking</i>	****	😊



### TASK 7. 8: Sex Life

The sexual behaviour of each person also depends on his/her view of the meaning, purpose and value of life, and his/her responsibility for the life.

What is your view of this area of life?

Your task is to think about and answer the following questions:

***1. Describe the view of sex life that prevails in today's society.***

***2. What is your view of sex life?***

**3. What physical touches to express the love do you consider appropriate before marriage?**

**4. What touches (practices) do you consider inappropriate in the sexual life?**

*Sexual desire is an important part of partnerships. However, its fulfilment requires agreement. No one has the right to force another. Nor his/her partner. In no situation. Whenever you can say no. And no means NO. If the other side does not respect this, it is necessary to seek help from your loved ones, friends or experts.*



## TASK 7. 9: Apology Language

Sometimes we do or say something that can hurt the other in the relationship. Then the words of confessing your failure are right.

We cannot change our past, however, we can apologize and so alleviate injuries which we have caused to our partner with our inappropriate behaviour.

When we apologize, most people wonder if our apology is sincere. There are many ways of apologizing and using the way which the partner considers sincere can make the reconciliation process more effective.

1. ***The first way is to express regret and empathize with the partner's experience.*** To make the apologizing sincere, the partner needs to know whether we realize how much we have hurt him/her by our actions.
2. ***The second way focuses on taking the responsibility for the situation.*** To make the apologizing sincere, the partner needs to hear that we admit our mistake and take the responsibility for our behaviour.
3. ***The third method involves the resolution to repair the damage caused.*** To make the apologizing sincere, the partner needs the confirmation of our love for him/her. What the partner will ask of us as the "deed of remedy", will probably be related to his/her primary love language.
4. ***The fourth way expresses the desire to change one's own behaviour.*** To make the apologizing sincere, it must involve our resolution to change our inappropriate behaviour.
5. ***The fifth method is the direct asking for forgiveness.*** To make the apologizing sincere, our interest in the forgiveness must be clearly expressed. The asking for forgiveness communicates our interest in removing the emotional barrier which has arisen between us by our inappropriate behaviour.

We can show the different ways of apologizing using the example of the conflict situation in the partnership.

Your task is to match the individual statements to the ways of apologizing described above.

**Example:** The husband screamed and verbally assaulted his wife during the argument.

Ways to Apologize	
<i>"I'm sorry I've lost control of myself and started screaming at you. I know it must have sounded very rough and I hurt you so much. The man should never talk to his wife like that. You had to feel humiliated. I know, it would hurt me if you talked to me like that. It probably hurts you very much. I'm very sorry that I hurt you."</i>	
<i>"I know I screwed up. I don't understand how I could have been pulled down like this. What a kind of husband am I? I know I cannot change what has happened, but I would like to remedy this in some way. Please, think about what I could do for you to settle our relationship. You deserve only the best and I want to give it to you. Is there anything I can do for you?"</i>	
<i>"I don't like this feature at me. I don't like the way I behave. I know I lost control of myself a week ago, too. I have to stop doing it. You deserve much more. Can you help me think about what I can do to keep it from happening again?"</i>	
<i>"I'm sorry for my behaviour. Sorry that I screamed like a fool, sorry I've lost control of myself because of my snappishness. Can you forgive me, please?"</i>	
<i>"I shouldn't have talked to you like that. It isn't right to raise my voice and speak unkind to you. It doesn't express my love for you. I shouldn't have lost the control. It is not your fault. I know I'm responsible for that and I have behaved inappropriately."</i>	

**Self-reflection:**

Which of described ways to apologize do you use the most often?

Which way expresses a sincere apology for you?

Have you done anything recently that you should apologize for? If so, what about do it today?





## MODULE 7 FINAL TASK: Partnership Skills

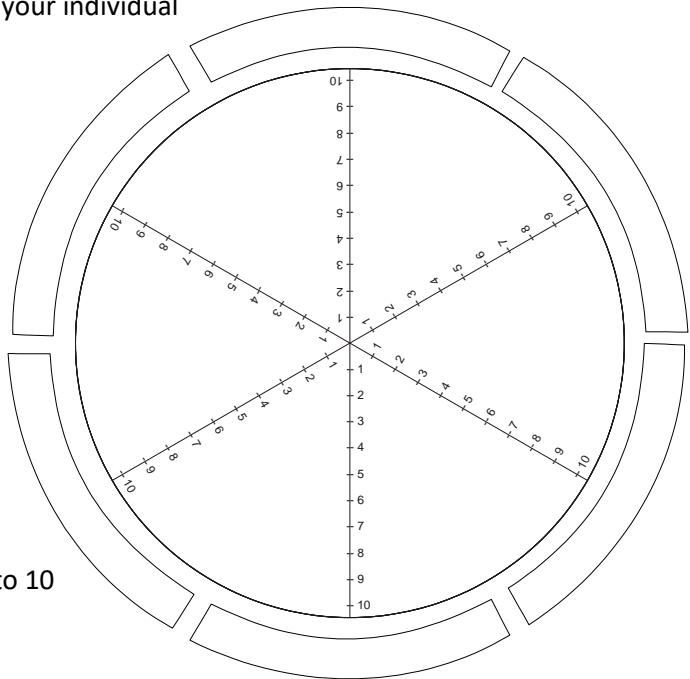
Many couples spend much more time planning the wedding than preparing for their marriage. Building a loving partnership is not easy, it takes our time and willingness to work on ourselves.

Important partner skills, that professional psychological research considers to be central to a satisfactory partnership life, include:

- ✓ getting to know each other
- ✓ respectful communication
- ✓ constructive conflict solving
- ✓ stress management
- ✓ taking care of your health
- ✓ effective management of finances

Improving partnerships skills is a good investment of partners' energy and time into the common future.

Your task is to score your individual partnership skills. For doing this task use the following diagram.



**1. Write into the diagram all listed important partnership skills.** Score your skills on the scale from 1 to 10 according to your consideration.

**2. Then link the marked values which are next to each other.**

Within the circle the close formation is formed, which represents your comfort zone. There is a space around the closed formation that represents the learning zone, that is, what you still need to gain through further learning, work, experience. The larger this zone, the more work awaits you.

**3. Write down in which partnership skills you need to improve.**

**4. Make the action plan to get necessary skills.**

*The skills I need to improve:*

*What will I do for their improving?*

*What help and support do I need?*

*How will I know I already master the skills?*

You can also use the chart which is in the annex at the end of the publication to make the action plan.

**NOTES:**



## Annex: Love Language – Quiz

### **Instructions:**

There are 30 pairs of different statements. Read each pair of sentences and choose the one which expresses what you prefer the most.

Maybe, in some cases you would like to mark the both, but you must choose only one of them – the one that generally describes your attitudes in the relationships.

Choose it in the way you feel it, not the way you think “it should be right”. By the way, there are no “right” and “wrong” answers.☺

Do not hurry, think each answer carefully.

Take 10-15 minutes of uninterrupted time to complete the test.

1.	I like to receive encouraging notes.	A
	I like to be hugged.	E
2.	I like to spend one on one time with a close person (friend).	B
	I feel loved when someone helps me with something.	D
3.	I like it when people give me gifts.	C
	I like informal visits of friends and people I love.	B
4.	When people help me with something, I feel loved.	D
	When someone touches me, I feel loved .	E
5.	When someone who I love or admire, puts his/her arm around my shoulders, I feel that he/she loves me.	E
	I feel loved when someone who I love or admire gives me a gift.	C
6.	I like going out with friends and the loved ones.	B
	I like to shake hands or hold hands with close people.	E
7.	Visible symbols of love are very important for me.	C
	When people use the words of affirmation, I feel loved.	A
8.	If I like someone, I like to sit close to him/her.	E
	I like it when people give me compliments.	A
9.	I like to spend my time with my friends and the loved ones.	B
	I like to receive small gifts from my friends and the loved ones.	C
10.	Words of affirmation are important for me.	A
	I know that someone loves me when he/she helps me.	D

11.	I like to spend my time with my friends and the loved ones when we do something together.	B
	I like it when someone talks kindly to me.	A
12.	I am influenced more by what someone does than what he/she says.	D
	I feel close and appreciated when someone hugs me.	E
13.	I appreciate praise and try to avoid criticism.	A
	A few small gifts mean more to me than one big gift.	C
14.	When we do something together with someone while talking together, I feel close to him/her.	B
	When my friends and the loved ones often touches me, I feel closer to them.	E
15.	I like it when people praise me for my achievements.	A
	I feel loved when people do something for me that they do not like to do.	D
16.	I like it when my friends and the loved ones touch me while they passing by me.	E
	I like it when people listen to me and show genuine interest in what I say.	B
17.	When my friends and the loved ones help me with my duties and various tasks, I feel loved.	D
	I really like to receive the gifts from my friends and the loved ones.	C
18.	I like it , when people give me compliments.	A
	When people make an effort to understand my feelings, I feel loved.	B
19.	When the close person touches me, I feel safe.	E
	When somebody does acts of service to me, I feel loved.	D
20.	I appreciate everything what my loved ones do for me.	D
	I like to get the gifts which are made by my loved ones.	C
21.	I am really pleased when someone gives me their undivided attention.	B
	I am really pleased when someone does some act of service to me.	D

22.	When somebody gives me a present for birthday, I feel that he/she loves me.	C
	When somebody tells me for my birthday something that means a lot to me, I feel that he/she loves me.	A
23.	When someone gives me a gift, I know he/she thinks of me.	C
	When someone helps me with my duties, I feel loved.	D
24.	I appreciate when someone listens to me patiently and doesn't interrupt me.	B
	I appreciate when someone remembers me with a gift on some special days.	C
25.	I like to know that my loved ones care about me so much that they help me with my daily duties.	D
	I love to go on long trips with someone who is close to me.	B
26.	I like to kiss people who are very close to me, and I like to be kissed by them.	E
	I am excited when I get a "just" gift without a special reason.	C
27.	I like it when someone tells me that he/she appreciates (respects) me.	A
	I like it when someone look at me during the conversation.	B
28.	The gifts from my friends and loved ones are always very important to me.	C
	If the friend or the loved one touches me I feel good.	E
29.	When I ask someone to do something and he/she does it with enthusiasm, I feel he/she likes me.	D
	When someone tells me that he/she appreciates (respects) me much, I feel loved.	A
30.	I like it when somebody touches me every day.	E
	I like it when somebody verbally encourages me every day.	A

A: ..... = words of affirmation

B: ..... = quality time

C: ..... = receiving gifts

D: ..... = acts of service

E: ..... = physical touch

Annex: Partnership Skills

<p><i>The skills I need to improve</i></p>	
<p><i>What will I do for their improving?</i></p>	
<p><i>What help and support do I need?</i></p>	
<p><i>How will I know I already master the skills?</i></p>	





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