

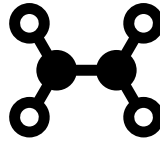
RELATIONSHIPS FINAL PROJECT

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<https://www.artofliving.org/wisdom/11-things-to-know->



INTRODUCTION

Key Term

Relationship=a connection, association, involvement between more than one person.

Why it is important to learn about relationships:

- to learn how to be in relationships
- how to know the difference between good and bad relationships
- to learn how to connect with other people

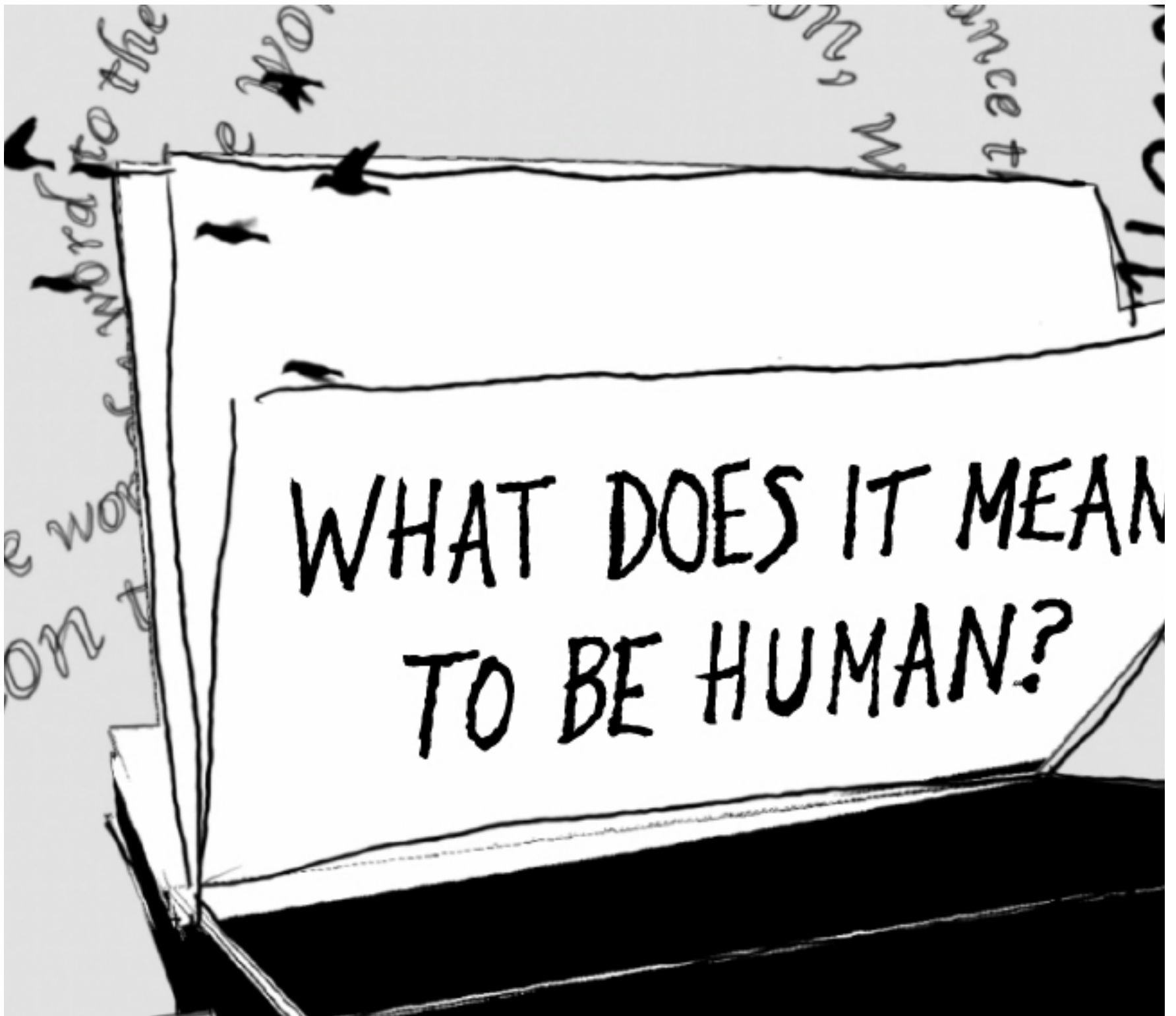
My thoughts on relationships before taking this class:

- I was pretty indifferent about relationships, but I knew they're important
- I knew there's a lot of different types of relationships, not all relationships are romantic

Important relationships in my life:

- my relationship with my family because they're the ones I know will always be there for me no matter what

UNIT 1: IDENTITY: WHAT DOES IT MEAN TO BE HUMAN?



<https://www.gatesnotes.com/Education/What-Does-It-Mean-to-be-Human>

“We’re all animals. We’re born like every other mammal and we live our whole lives around disguised animal thoughts (Kingsolver, 1990). According to the Catholic Church this is not true. Humans are different from animals because unlike animals we have free will and know the difference between right and wrong. But most importantly humans are created in the image and likeness of God. Like it says in **Genesis 1:27** “so God created man in his own image, in the image of God he created him; male and female he created them.”

Activities I’ve tried to build self-esteem:

- words of affirmation—these are actually really beneficial, but it took me a while for the words to actually stick, and for me to believe them
- doing self care—this activity I really love, getting a manicure, or getting dressed up always makes me feel better about myself

More Activities to build Self Esteem
-start a new hobby or creative activity
-listen to podcasts
-read self-help and empowerment books
-spend time with people who make you feel good about yourself
-start a ‘strengths and achievements’ journal
-set small, realistic goals
-don’t compare your life to other people’s highlight reels

How virtues help you be the best version of yourself



<https://www.familiesofcharacter.com/blogs/virtue/what-are-the-40-virtues-full-list>

Virtues are critical in being the best versions of ourselves. Practicing virtues promote good character traits. Virtues ultimately makes us better people within ourselves and the people around us, promoting a happier and peaceful life. **2 Peter 1:4-8** says “he has bestowed on us the precious and very great promises, so that through them you may come to share in the divine nature, after escaping from the corruption that is in the world because of evil desire. For this very reason, make every effort to supplement your faith with virtue, virtue with knowledge, knowledge with self-control, self-control with endurance, endurance with devotion, devotion with mutual affection, mutual affection with love. If these are yours and increase in abundance, they will keep you from being idle or unfruitful in the knowledge of our Lord Jesus Christ.”

Unit 5: Dating: What is the role of dating in how we relate to one another?

Key terms

Infatuation: a strong feeling of attraction, fascination, and fixation toward someone

Love: to seek and foster the good of others in the context of their concrete situations. **Corinthians 13:4-8** “Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth.”

Infatuation vs. Love

Constantly thinking about the person	Cultivated over a long period of time
No real or deep conversations/interactions	Emotional safety
The person seems ‘ideal’ or ‘perfect’	Deep affection
Obsessed with the person	Partnership

Info from mindbodygreen.com.

Info from differ.com

Given rights every person has in a relationship:

1. To feel safe and respected
2. To decide who you want to date or not to date
3. To say no at any time-even if you've said yes before
4. To hang out with friends and family and do things you enjoy without your partner being jealous and controlling
5. To end a relationship that isn't right or healthy for you



<https://www.vsu.edu/advocates/healthy-relationships.php>

The Dating Project video gave me a lot of insight on dating today. I also agreed with a lot of the struggles that people face today when dating that Dr. Kerry Cronin mentioned. I wasn't surprised when Dr. Cronin said how only one senior in her class at Boston College had dated their whole time in college. I know that dating today and in my generation is not very common. I also really liked how in the beginning the girl was asking what counts as dating, because I think this is a common question people have, and what it means to date is always evolving.

I talked with my mom about a past dating relationship that did not work out and what counts as dating came up as well. When my mother was dating, dating meant hanging out with multiple people, no strings attached, whereas today dating means being exclusive. My mother never dated the way people did when she was dating, she was always exclusive once she went on one date with one person, and she told me she really doesn't recommend doing this. I completely agree with this advice. I think if people are exclusive right after the first date it can cause people to rush into things too fast. I also think that by going on multiple dates with multiple people a person can learn what they like and don't like before they become exclusive.

Red and Green Flags in Relationships

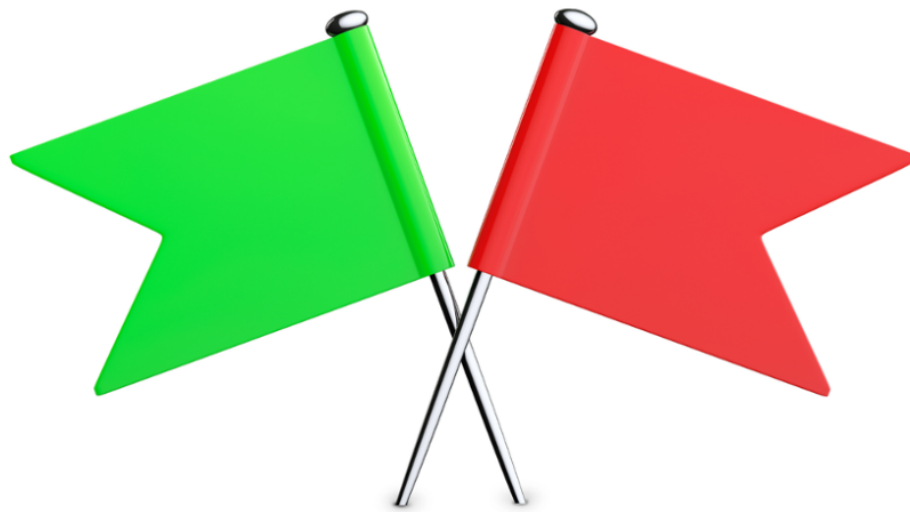
Green Flags

- pushes you to better yourself *
- trust
- communication *
- respects your boundaries

* = flags I have experienced

Red Flags

- doesn't take responsibility for their actions *
- lying
- keeps you away from your family/friends
- limits you



<https://uisjournal.com/top-stories/2021/10/18/the-psychology-of-red-green-flags-in-relationships/>

Conclusion



Works Cited

<https://www.collinsdictionary.com/us/dictionary/english/relationship>

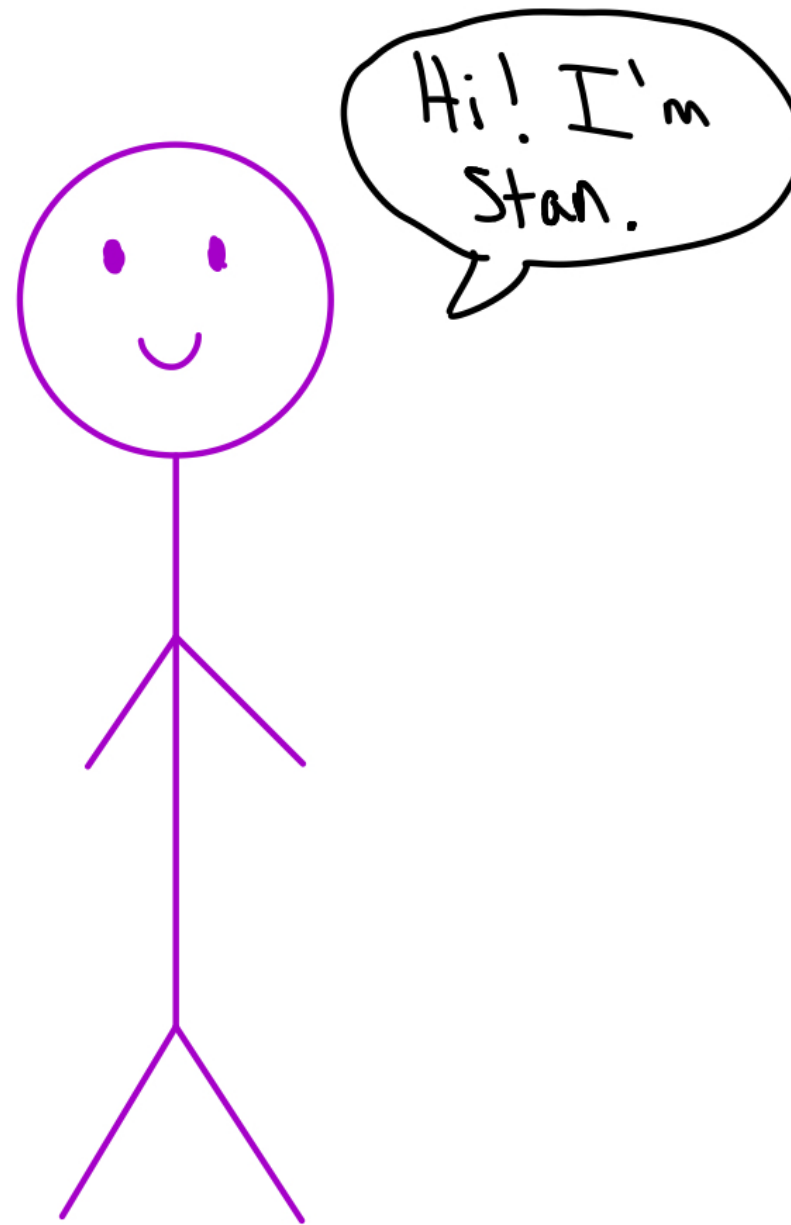
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<https://chopra.com/articles/7-virtues-for-self-improvement>

<https://www.mindbodygreen.com/articles/is-it-love-or-infatuation-how-to-know-when-youre-infatuated/>

<https://relationship-institute.com/green-flags-good-signs-in-a-dating-partner/>

https://www.diffen.com/difference/Infatuation_vs_Love



Relationsticks

By -----

My experience in Relationships from the perspective of a stick person named Stan

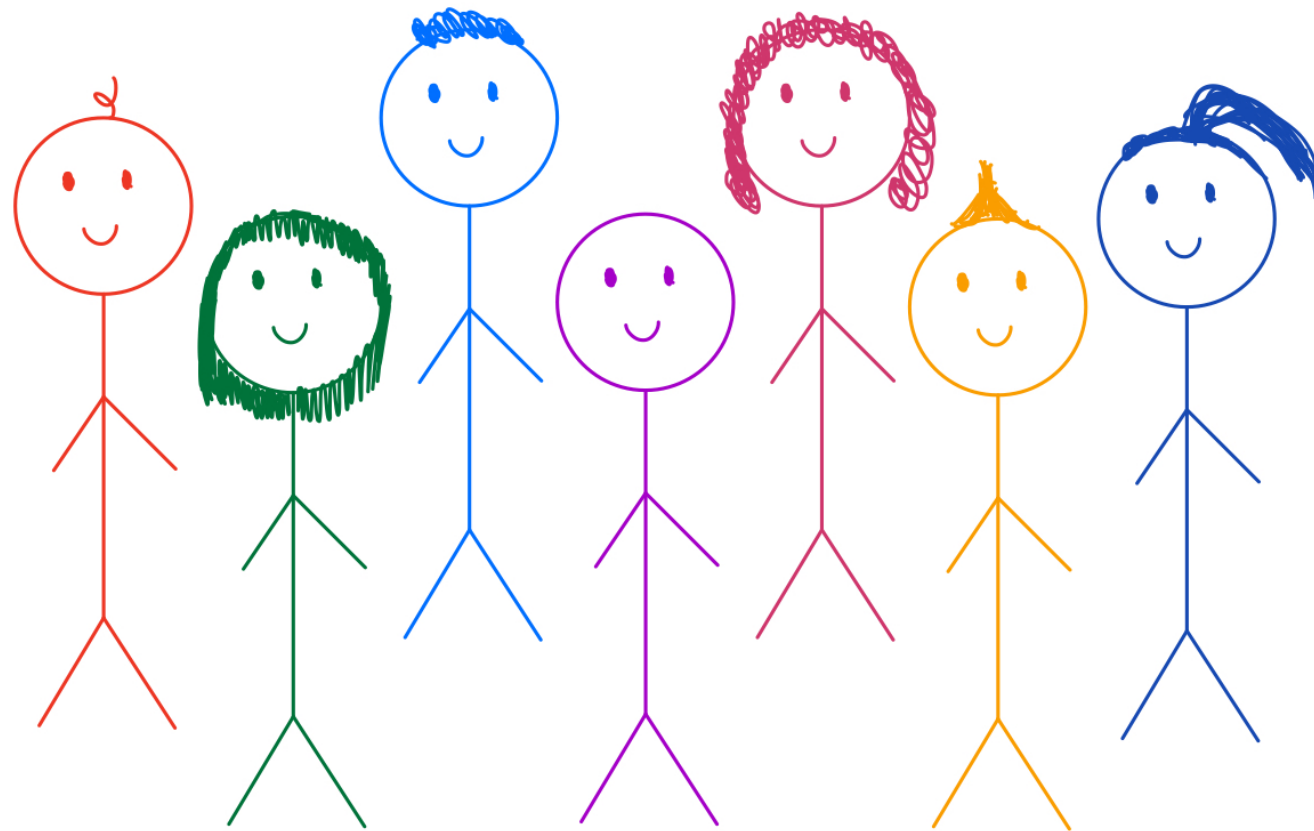
Why should Stan know about relationsticks?

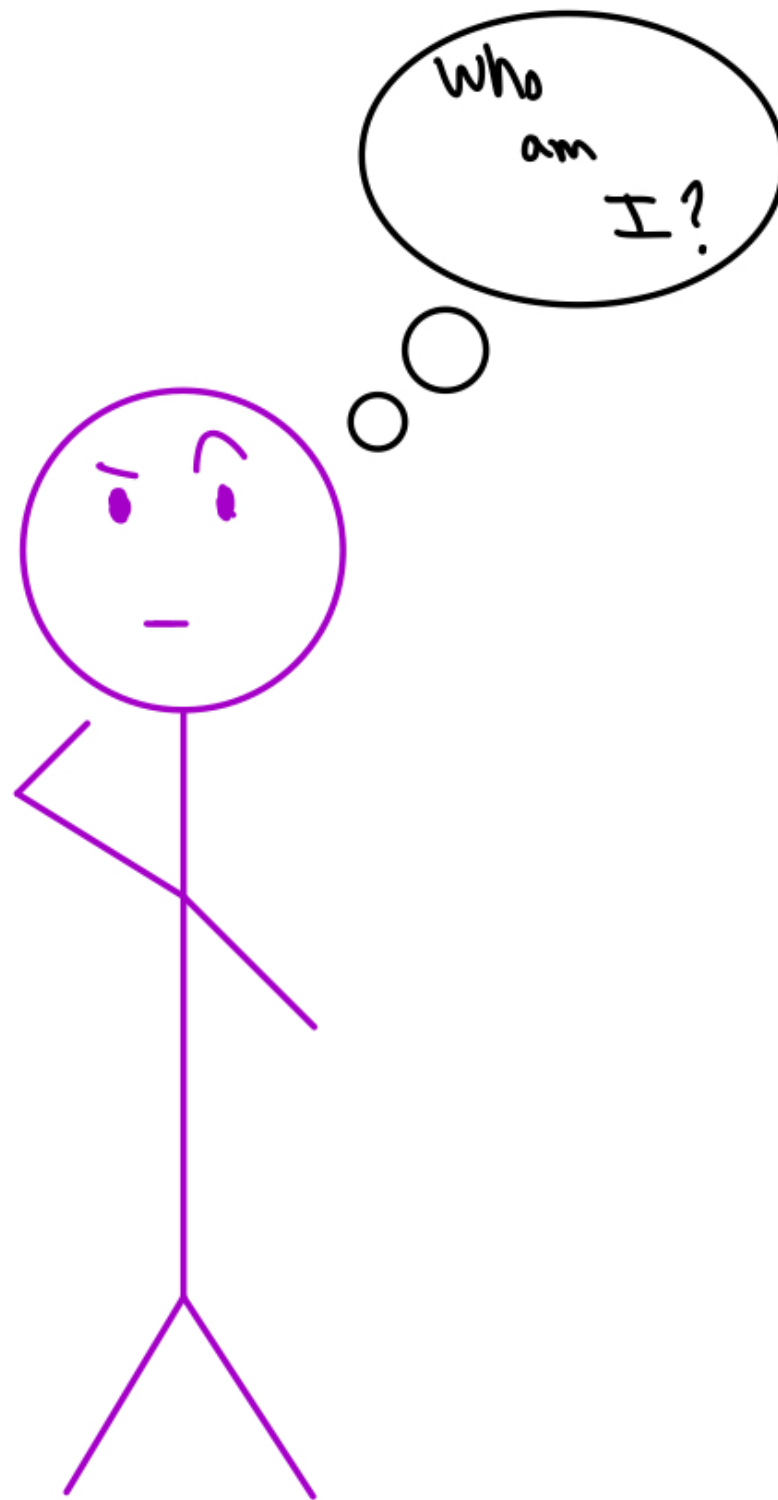
Relationsticks exist at every phase of life. They are essential to who the sticks are as individuals. Stan doesn't just have relationsticks with other sticks, he also has a relationstick with himself. Relationsticks are more than interactions with a significant other or friends, they are the interactions Stan has with all the other sticks around him. Stan must know about relationsticks because he experiences them all the time and must know how to properly treat other sticks, no matter their type of relationstick. Stan was very excited to take Relationships because he heard it was an awesome, super informational class with concepts he would be able to apply to every day life. Stan is an extrovert who loves having all sorts of relationsticks, and has enjoyed learning about how to maintain healthier relationsticks of all kinds this semester. Currently, Stan has an important relationstick with his parents, best stick friends, and schoolmates; these relationsticks are important to Stan because they involve people he cares deeply about and is around all the time.

Introduction

Why should Stan know about relationsticks?

Stan needs to know about relationsticks because he already has so many, and he wants all his relationsticks to be healthy ones!





Identity

Stan ponder his stickness and idea of self

Identity

What does it mean for Stan to be stick (human)?

Stan is stick because he was been made in God's image and likeness. Stan has a soul that is destined for eternal life. He also has reason, conscience, freedom, and will. He seeks out what is true and good because this helps him be who God created him to be. As a human, Stan has special qualities, like identity, self-concept, and self-esteem. Stan has an idea of who he is as an individual and understands himself, and knows who he is is who God wants him to be (that is, when he's at his stick best, of course).



Identity

God has always known Stan because he is a stick

“Before I formed you in the womb, I knew you. Before you were born, I set you apart.”

(Jeremiah 1:5)



Identity

Stan debunks the idea sticks are “animals”

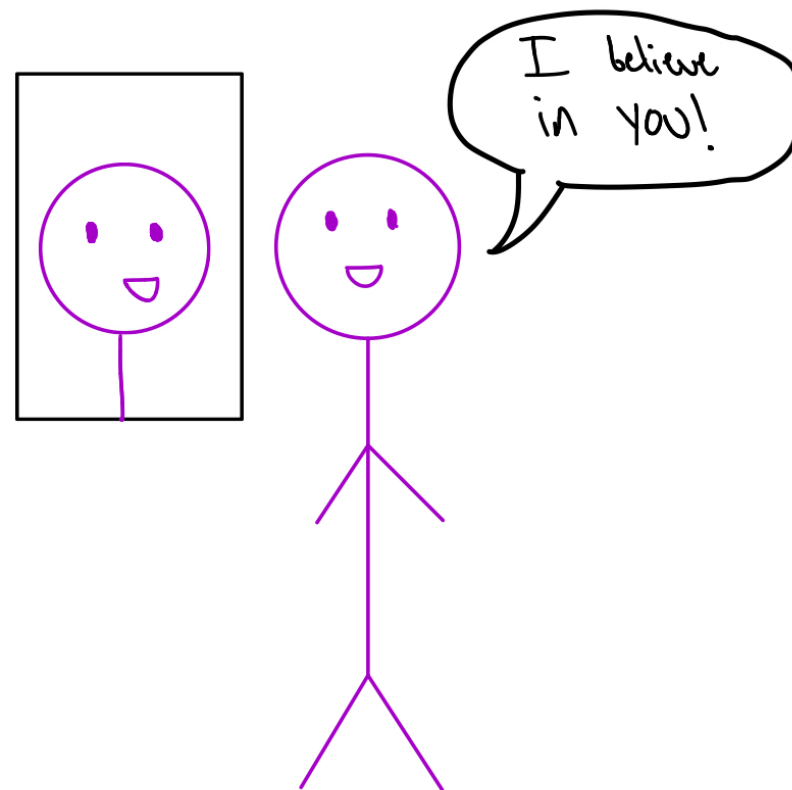
To say “We’re all animals. We’re born like every other mammal and we live our whole lives around disguised animal thoughts,” (Kingsolver, 1990) is simply not true when you look at sticks from the Catholic Christian view. Sticks have free will and conscience, they can make decisions based on what’s morally right and wrong. God created sticks in His divine image with a soul that will last in eternity, while animals exist with no soul or real conscience.



Identity

What does Stan do to build a healthy self-esteem?

Stan has tried many different things to build his self-esteem, all of which have shown positive results and given Stan a better idea of and appreciation for himself. Stan really enjoys positive affirmations; he frequently tells himself “you got this!” or “you rock!” to remind himself how awesome and capable he is. Stan also relies on faith to boost his self-esteem. By remembering how much God loves him, Stan is always able to boost his mood and feel worthy of self-love, considering he has the love of God. Stan also refrains from comparing himself to others. This way, he doesn’t get down on himself as often, and feels a lot more proud of who he is and his achievements.

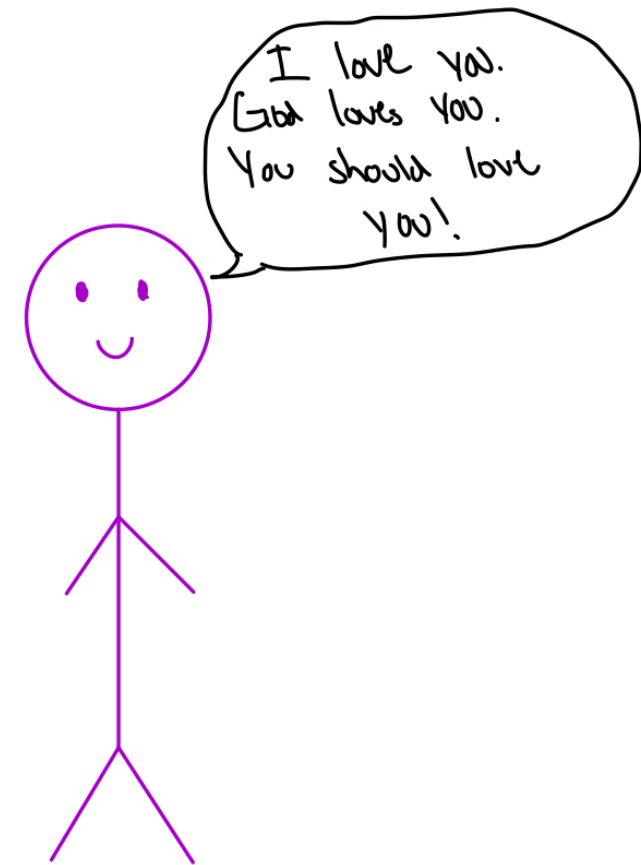
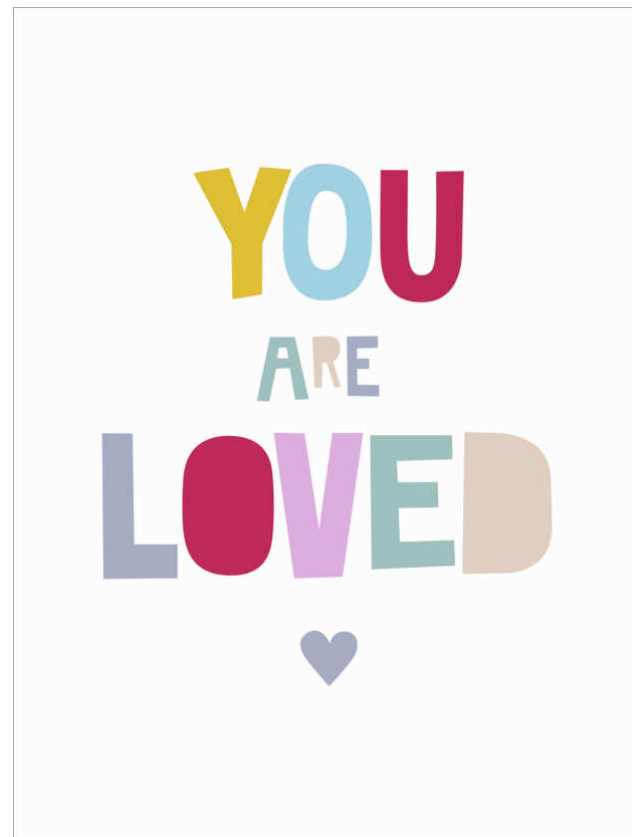


Identity

Stan wants you to have a high self-esteem

A study done on 1,149 students in Cantho City, Vietnam revealed 19.4% of its students had low self-esteem.

(Frontiers in Psychiatry)



Identity

Stan uses the bible to remind him to love himself

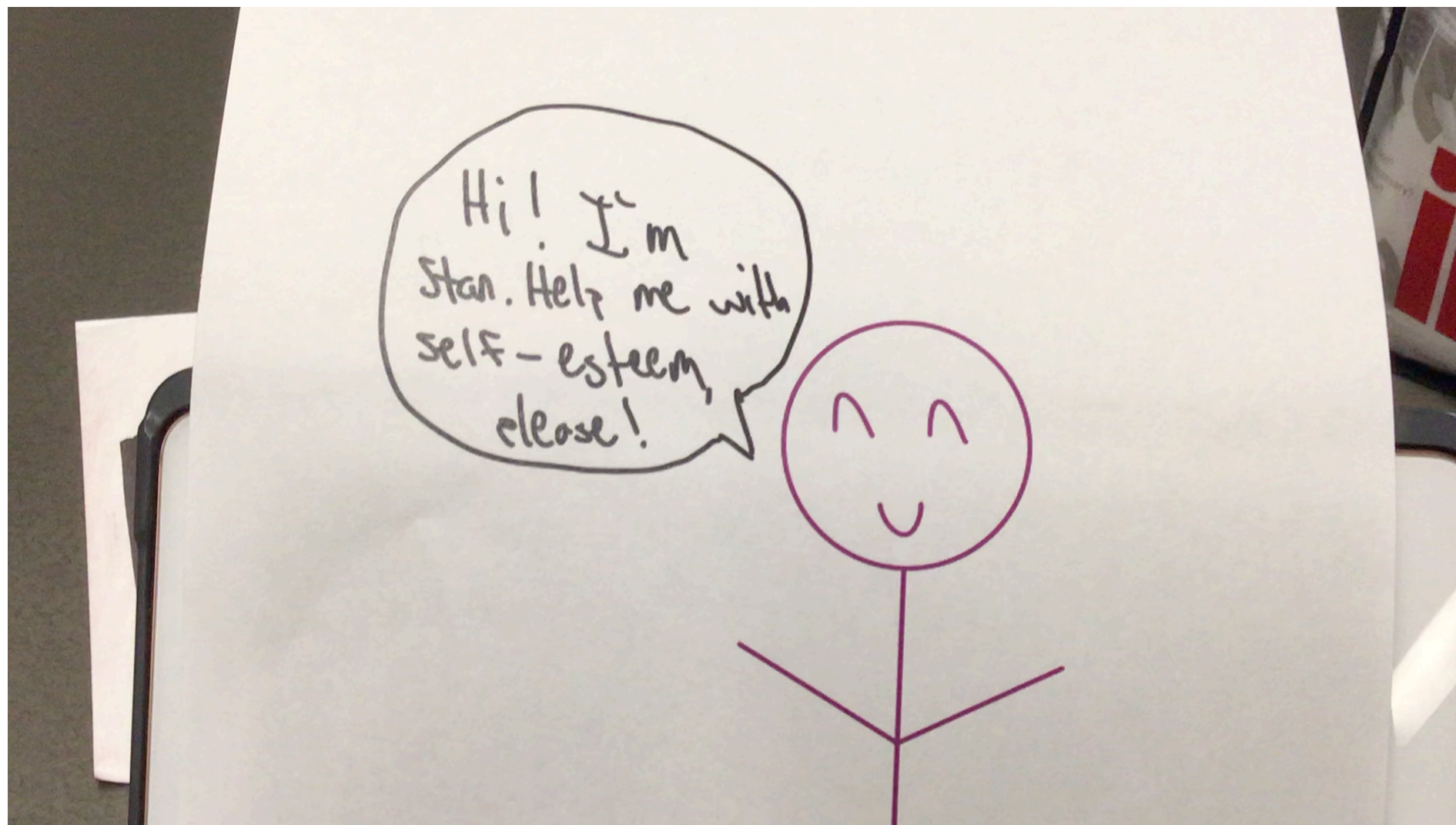
"It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you may ask the Father in my name He may give you. This I command you: love one another."

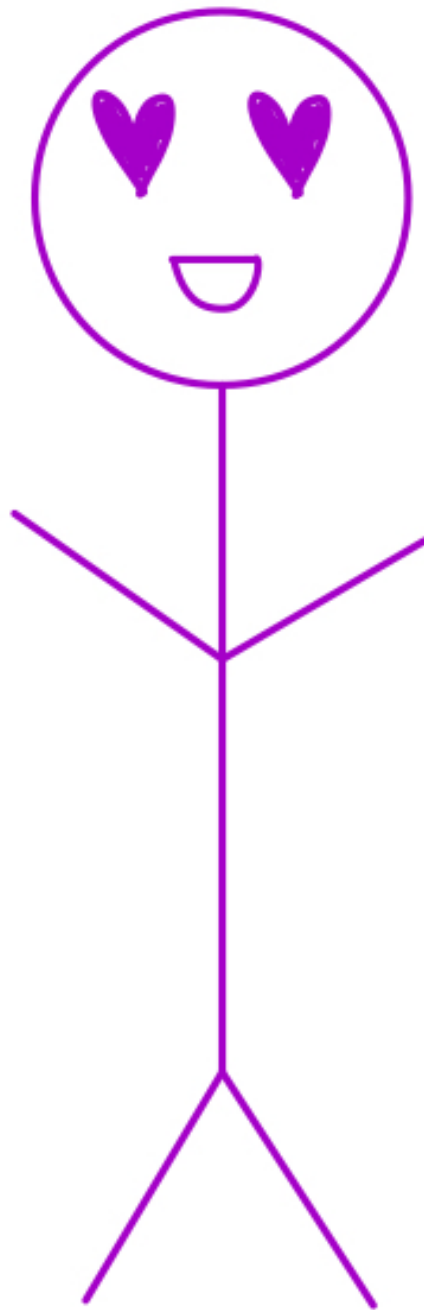
(John 15:16-17)

Identity

Stan really cares about self-esteem

Stan recommends you watch the video below to learn more about how you can improve your self-esteem. Listen as some of Stan's human friends offer him tips on how to improve self-esteem.





Love

Stan figures out what the big deal is with this word

Love

Types of love in relationsticks

Stan has learned there is not one concrete definition or idea of love. Instead, it comes in all different shapes and sizes, just like sticks. Stan knows the various types of love are as follows:

Eros:

Firey, passionate love, like that between a sticksual partner.

Philia:

Brotherly love, like that between Stan and a sibling or stick he knows is always there for him.

Ludus:

Flirty love, like that between Stan and a stick he thinks is cute.

Pragma:

The highest, most realistic and long-term form of love, like that between a married stick couple.

Agape:

The purest, most selfless love, like that between Jesus and His sticks.

Storge:

Unwavering, instinctive, devotional love, like that between Stan and his mom.

Caritas:

Nurturing love, like the kind Stan has for a neighbor he helps.

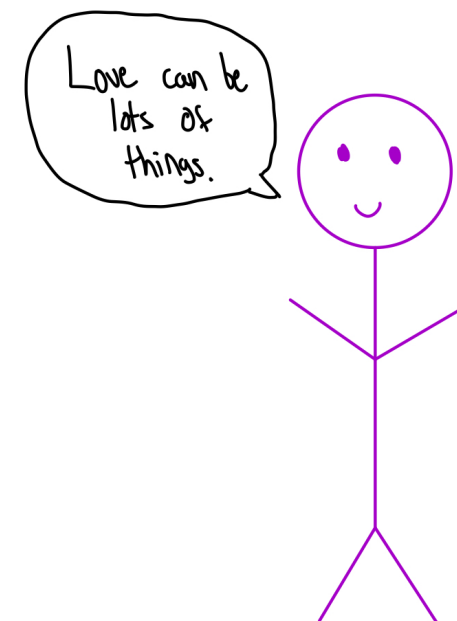
Philautia:

Self love, like the love Stan has for himself.

Love

Love shows its different forms in the bible

"Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with truth. It bears all things, hopes all things, endures all things. Love never fails."
(Corinthians 13:4-8)

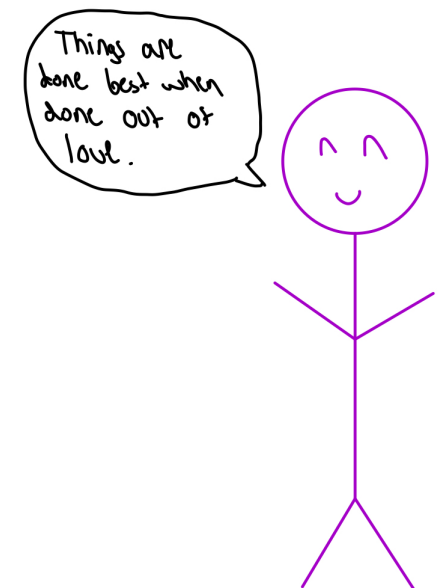


Love

Stan believes real love creates long-lasting relationship sticks

In a 2010 Pew Research Center survey involving 1,306 married people, 93% of married people said their most important reason to marry was love.

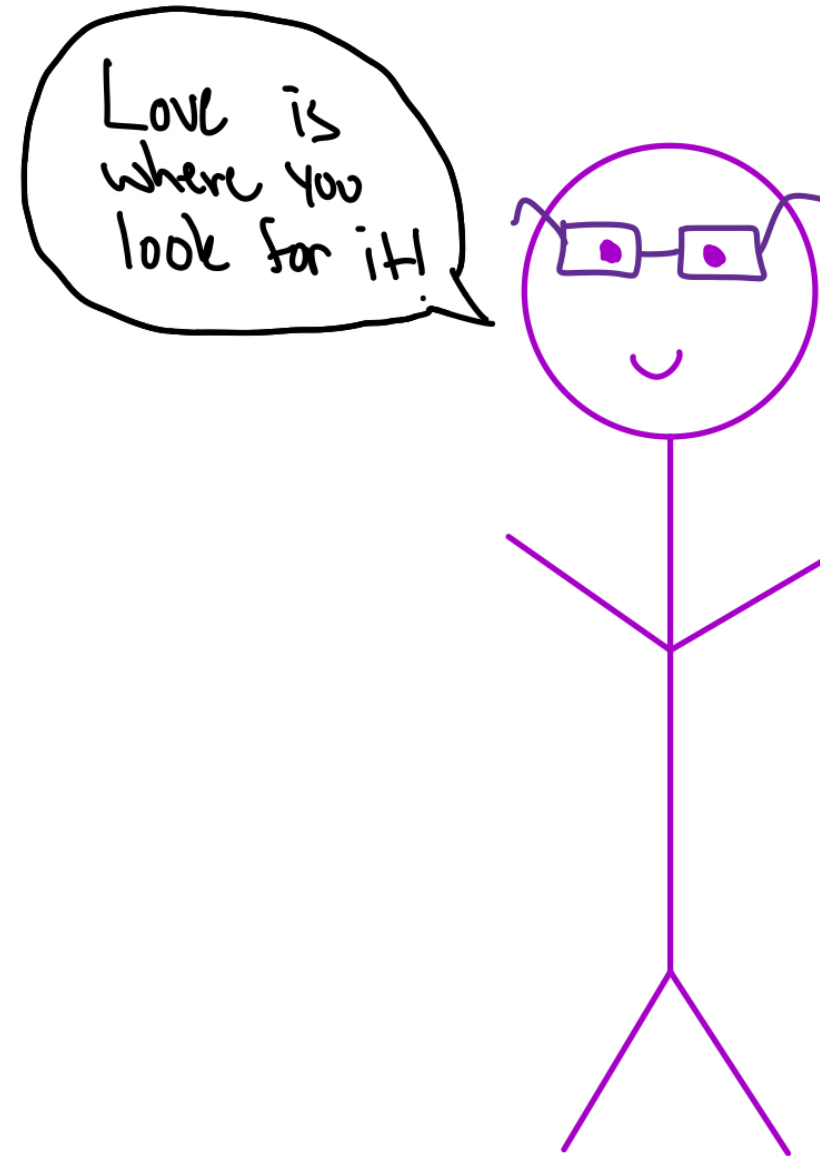
(Pew Research Center)



Love

Stan thinks love can be found everywhere

If God is love, and God is in everyone, then of course people should be able to find love in all sorts of things.



Love

Stan's examples of love

Jesus dying on a
cross for him

Stan's mom texting him
to see if he's gotten
somewhere safely

Stan buying himself his
favorite lunch because
he's had a hard day and
wants to cheer himself
up

Stan's dad starting
his car for him on a
snowy morning

Stan's best friend
listening to him complain
about even silliest
stick problems

Stan's classmate offering
him some of their lunch
since he ran out of
money on his meal card

Stan's nana calling him
just to check in

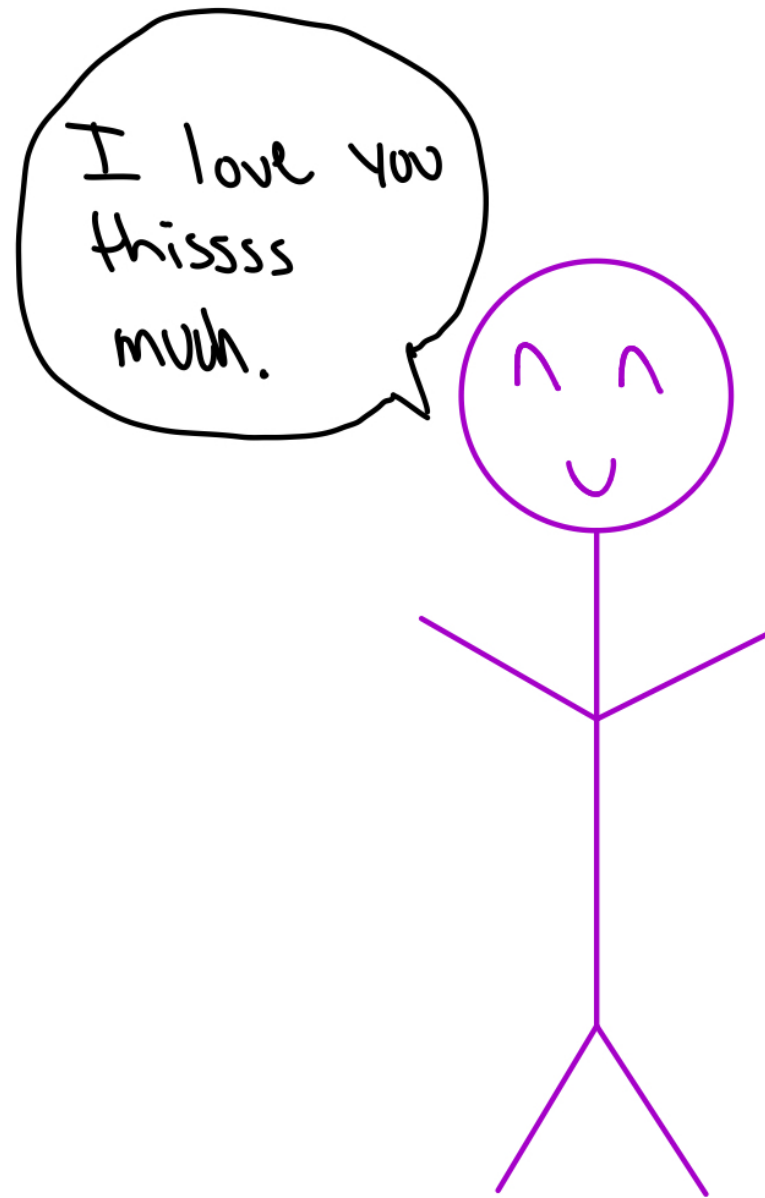
Stan's older siblings
taking care of him when
his parents are away

Stan's close friend giving
him something that
reminds him of Stan

Love

Stan loves to love

Even when it can be hard sometimes, because he knows if God loves him, he must love others.



Conclusion

What has Stan learned?

Stan learned so much this semester and is so happy to have taken this class. Stan learned how it is good and healthy to have all different kinds of relationsticks. Stan entered this class believing the only relationsticks of real value were those with the closest friends and family; Stan is happy to know now, though, that all his relationsticks are valuable, regardless of how close he is with the stick in the relationstick, because all relationsticks help Stan grow and learn more about himself and others. Stan also knows now how important his relationstick with himself is, especially because his relationstick with himself helps him have better relationsticks with others. Stan also sees now how relationsticks are always changing, which is a good thing, because this means the sticks involved in the relationstick are changing and growing, too. Stan is most happy about how he learned change, whether it be with himself or in his relationstick with others, is a good thing that should not be feared. Stan is also happy to now see more value in his relationstick with himself, which he knows will help him have better, healthier relationsticks with others.

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