

## ASSIGNMENT # 7

# ALL MY RELATIONS

**PURPOSE:** To explore your experience with and wisdom about right relationship.

**MATERIALS:**

- ✓ Personal Peace Journal

**ACTIVITY:**

- ◆ Take some time to think about the best relationship(s) you ever had. Reflect on:
  - ◆ What was so special about the relationship?
  - ◆ What were the factors that made it so good?
- ◆ Now think about the least good relationship(s) you ever had. Reflect on:
  - ◆ What was so difficult about the relationship?
  - ◆ What were the factors that made it so challenging?
  - ◆ What was or would have been needed to improve the relationship?
- ◆ Now do the same thing for relationships between groups you belong to (for instance: male/female relations; racial or ethnic relations; political spectrum; nation to nation relations, etc.)
  - ◆ Think of the best and the worst, and again, determine the factors that contributed to one or the other state.
- ◆ Imagine you are asked to give a talk entitled: "The Qualities of Right Relationship."
  - ◆ Make notes in your Personal Peace Journal from the activities to this point.
  - ◆ Reflect on the material, and write a 1-3 sentence opening statement for your talk.
  - ◆ Determine the five most important qualities or elements of right relationship to present in your talk.
  - ◆ Also determine five most important factors that destroy right relationship and how to correct them, to present in your talk.
  - ◆ Write a 1-3 sentence closing statement for your talk.
- ◆ Record any reflections, insights, or questions you might have in your Personal Peace Journal, or discuss them with a friend or co-learner.