1

LIVING YOUR STORY

Relationships Matter

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Relationships Matter

Relationships form the core of our stories. The chapters of our lives begin with family relationships and expand to include friends, teachers, boyfriends, doctors, roommates, coworkers, neighbors, and many others. We kick off our time together by looking at the significance of people in our stories.

Why do relationships make such a powerful impact in our lives?

Our parents help form the way we think about ourselves, others, and life in general. Give an example of how your mother or father shaped your thinking.

Relating to people can result in many experiences we need for growth. We learn what compassion looks like, how to communicate our needs, how to develop friendships, and what it means to love. On the other hand, relating to people may damage our ability to grow as a person.

What are ways relationships make a negative impact on us?