**WHE Group**

**Week 6 of 10, S for Social – Learning to Love and Healthy Boundaries**

How should we love? Do we give people what the need or what they want? This has been an intriguing question to me over the years and the answer varies according to the role you’re in, the type of relationship it is, and the other person you’re involved with.

Choose a verse from the accompanying sheet that best resonates with you:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Typical topics in this dimension have been Choosing Godly Friends, Taming the Watchdog, The 3 Levels of Love, The 3 Ways to handle difficult Situations, Best Ways to Communicate, The Importance of Forgiveness, and   
Developing Healthy Boundaries. **Is there a particular topic that you’d like to review?**

Who are the people you feel most connected to?

What is it in your relationship(s) that encourages you to develop mutual respect?

How can you foster deeper and more satisfying relationships in your life?

Choose a goal for the following week from the Sample Goal list or come up with one on your own. Remember: A written goal is far more likely to get done!

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Developing Healthy Relationships are Important Life Skills

. A picture containing text, outdoor object

Description automatically generated