

BUILDING BLOCKS FOR RELATIONSHIPS
WORKSHOP SYLLABUS and STUDY NOTES

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16220 Oneida Place, Davie, Florida 33331

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Scripture quotations used in this Book are from the King James Version, unless otherwise indicated by the text's initials at the beginning of the passage.

Cover design: Soraya S. Spahi

Library of Congress Catalog-in —Publication Data

Garcia, Gaspar V.
Building Blocks for Relationships, Seminar — Workshop Study Notes / Gaspar Garcia.

p. cm.
Workshop Exercises #1 - #7, Higher Ground Principles, Seminar Evaluation.

ISBN-13 978-0-9791731-1-0

ISBN-10 0-9791731-1-6

Church of Divine Grace

Printed in the United States of America

Higher Ground Principles

1. Establish relationships on the principles taught in the Bible.
2. Have honest behavior and integrity, and be sincere in everything you do.
3. Identify the Biblical qualities you want in your relationship.
4. Work your relationship for success.
5. Apply Biblical principles in your relationship.
6. Minimize the potential for failure in your relationship.
7. Build a virtuous cycle in your relationship through hard work.
8. Assert your right to leadership through sacrifice and service.
9. Live and walk by the higher and greater standard, worthy of the Christian name.
10. Be a peacemaker who brings calm to your relationship.
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12. Illuminate darkened hearts, help bear other's heavy loads, bring cheer to the sad.
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16. Maintain peace, love and joy in the Church and in your relationship.
17. Be a winner in every situation.
18. Find a qualified Christian to help resolve a matter.
19. Lord, free me from the love of \$money* and chain my heart to loving you, and to love my brother.
20. Have unlimited forgiveness for others as God has for you.
21. Measure your words and avoid offending others.
22. Form a perfect partnership in your relationship as did Jesus with God, and as Jesus desires to have with you.

Building Blocks for Relationships

Workshop Syllabus

Study Notes

Who is your role model? _____

Do you always emulate your role model? _____

I do not have a perfect role model.

Jesus is the perfect role model for every human being.

Jesus was the role model for the Apostles and disciples.

The Apostle Paul asked that we follow in his example of Christian living.

Jesus taught an example of living to serve, and showed us His greater love by sacrificing His life for us.

Jesus teaches us the way to have a perfect relationship, by showing us the relationship He had with the Father.

1. They did not lie to one another. Jn. 17:17
2. Each held nothing back from the other. Ma 24:36
3. They had full trust in each other but were willing to yield. Lk 22:42
4. Their love was, is and will be inseparable. Jn. 17:26

We can learn how to conduct ourselves in our relationships by observing and learning from the relationship God had with Jesus.

Higher Ground Principle # One:

Establish relationships on the principles taught in the Bible.

Solid foundations are built on THIS, truth, honesty, integrity and sincerity.

- A. Truth is correct knowledge or doctrine. It is the lowest common denominator for knowledge or information, whose material substance cannot be changed.

**Truth: fidelity, the quality or state of being faithful, constancy
(freedom from change).**

Truth is always the same, works the same all the time, every time without exception.

There are spiritual truths, or Biblical principles that when applied act as *spiritual laws* that consistently produce a predictable result.

Changing the truth, which is a euphemism for lying, causes encasement, imprisonment, and removes freedom from our daily lives.

Higher Ground Principle # Two

Have honest behavior and integrity, and be sincere in everything you do.

B. Honesty is best defined as always being truthful. Honesty is essential to building a relationship.

Truth is one of the four foundations to a sound and healthy relationship; the other three are honesty, integrity and sincerity.

Honesty: Fairness and straightforwardness of conduct, dealing in truth. (Ex 23:1-9)

An honest relationship has boundaries that are clear and discernable.

C. Integrity is essential for a solid foundation to rest your relationship upon.

Integrity: The state of being complete or undivided; righteousness, uprightness, without wavering. (Ps 101:2-3)

Integrity is the manifestation of wise behavior originating in the heart, the part of your mind that is the seat of your convictions. A person of integrity understands the principles in God's Word and does not waiver from them, not in the slightest way.

Integrity is founded on four principles:

1. Behavior that is of wise choosing and is received as being acceptable by others.
2. Having purity about your ways, beginning and emanating at home, but carried out throughout your walk and conversation as a mark for others to see that is above reproach.
3. Not seeking nor finding pleasure in ungodly and wicked behavior, nor engaging in impure things no matter how "politically correct" they may seem, regardless the number of others behaving that ungodly way.
4. Not allowing the ungodly works of others to enter nor to stay in your mind, nor harboring destructive images or thoughts, rather, being

empty of these thoughts and remaining open to the Lord's principles with a clean mind.

Sincerity in your behavior can be masked with varying degrees of disguise.

Sincerity: The personal quality of living life from a pure motive without deceit, genuine. (2 Co 1:12)

You can do something seemingly good for your partner, but with the wrong intentions, or say something that sounds nice but that you don't really mean.

Take care while jesting or chiding that it is not insincere, or that you don't adopt your kidding permanently.

Sincerity does not allow your thoughts toward or about others to be tainted with evil for personal gain, or to deal hypocritically.

Higher Ground Principle # Three

Identify the Biblical qualities you want in your relationship.

A relationship exists between two or more persons who maintain a purpose in common. **Husband/Wife, Doctor/Patient, Parent/Child, Teacher/Student, Employer/Employee, Friend/Friend...**

Relationship: a state of affairs existing between those dealing with others.

A relationship is entered for the good of the participants, partners or associates, who will each benefit in a common good.

The parties in a relationship can choose to cooperate by sharing information, partnering of skills and talents, or by agreeing to nurture and support one another.

When motives are clear, parties to the relationship may offer up their contribution without expecting equal value in return.

What do you want out of your relationship?

Were your motives clear, and did you have agreement as to how value and worth of contributions are to be measured?

Re-examine your purpose, the reason for being in the relationship.

A godly person enters a relationship with a clean heart and seeks to have a clean life in the relationship.

An unselfish relationship will be founded on **THIS (truth, honesty, integrity, & sincerity)**.

The worldly person enters a relationship for personal gain only.

A selfish relationship is formed for personal satisfaction and personal gain.

Lusting after someone and building a relationship purely on physical, sexual desires is almost surely a formula for disaster, and for one or both persons to be severely hurt.

In some special way the person in your relationship is a reflection of you. (**Acts 5:1-11**, Ananias and Sapphira, husband and wife, conspired in their relationship to lie to, deceive and to cheat God. They violated the spiritual law of truth. Either one could have prevented the other and saved both their lives.)

Entering a relationship for the wrong reasons will most likely cause decay and bring death to that relationship.

Higher Ground Principle # Four

Work your relationship for success.

There are five fundamentals with assurance for success in every relationship.

1. **Sanctification** - setting the parties aside, apart from the rest of the world at special moments and for special purposes.

Keep your relationship personal and private not public.

Open the doors and allow in only those who support the success of your relationship.

Hebrews 13:12 KJV

Wherefore Jesus also, that he might sanctify the people with his own blood, suffered without the gate.

2. **Sacrifice** - giving up your preference so the other person can have his or hers.

It involves suffering long and much patience. To suffer long is to take the hard times well, and to trust that the bonds of the relationship are strong enough to bring it through difficult times.

John 10:11 KJV

I am the good shepherd: the good shepherd giveth his life for the sheep.

3. **Substitution** - putting yourself in your partner's place and bearing his/her point of view.

Can you allow them to express their point of view without imposing your will, having to be right or justifying yourself?

Can't you just listen?

1 Peter 3:18 KJV

For Christ also hath once suffered for sins, the just for the unjust, that he might bring us to God, being put to death in the flesh, but quickened by the Spirit:

4. **Submission** - giving in to your partner's point of view. Acknowledge that he or she has a different perspective.

Consider it not to be a better or worse idea than yours, simply different. Giving in for the relation's sake is not surrender.

Matthew 26:39 KJV

And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.

5. **Survival** – persevering in the relationship through difficult times.

The survival of a good and healthy relationship is vital, and a higher objective than persevering for your self

Mark 4:37-39 KJV

And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish? And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

He took positive and definitive action that calmed the entire situation, and even calmed the men.

Jesus did not try to make Himself righteous with the men.

His actions caused a higher objective to be achieved in this situation.

Higher Ground Principle # Five

Apply Biblical principles in your relationship.

Know and apply spiritual laws.

Truth is a spiritual law. Truth is always the same, works the same all the time, every time without exception. For example, gravity is a truth. Whenever an object is dropped it always falls to the ground. No matter how many times you try this it will always work the same way.

Gravity is one of the laws of physics (*physical laws*).

There are laws of nature (*natural laws*).

These laws yield a specific result when certain conditions are met, such as planting a seed in order for it to grow into a plant.

There are also laws of men (*man-made laws*).

These laws are generally weak and inconsistent because they are subjective and governed by varying circumstances and emotional persuasions.

There are also spiritual truths, or biblical principles that when applied behave as *spiritual laws*.

These laws consistently issue out a predictable result. These spiritual laws are put into operation by our actions when you act under certain conditions by performing the actions of what you believe of God's promises, or better said, by acting on our faith. (A soft answer turns away wrath, Proverbs 15:1) It works every time.

Love, respect, and submission are acts of the will. They are the means by which you operate the law of reciprocity.

Matthew 7:12

Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.

You can choose to love, respect, and to submit to your partner for the common good.

You can also choose to honor (one another) the role or authority of the other person in the relationship.

Higher Ground Principle # Six

Minimize the potential for failure in your relationship.

Has the relationship entered into a vicious cycle?

Every day you allow yourself to say ever increasing and harsher things to each other.

*Relationship is dishonoring
Are you bearing insults and feeling inferior?*

Your attitude is less caring.

Is there willingness to repair?

The grass is not greener on the other side. You may be starting over with in a new relationship that will require getting to know and adjusting to a different set of issues and concerns.

There are plenty of fishes in the sea, but they are not easy to catch, and they are not all edible.

What affect will your decision have on others who matter?

Give your utmost to make the relationship work in a godly way.

The emotional relationship:

Comprised of outbursts and outrageous behavior.

Destructive, emotional scars and damage to property.

Heightened emotions leave impression of intense makeup – not true.

Very costly in dollars and emotional capital.

Forgiveness is hard to come by and the issues resurface. Leaves deep scars.

The intellectual relationship:

Too guarded

Little is communicated with honesty

Ruled by silence and unrelated topics dominating conversations.

Conversations are polite and skirt or avoid the underlying issues.

Provide a false sense of comfort.

Parties have consented not to deal with issues by silent agreement.

Men are more prone to this state for fear of losing the argument.

Get on the same plane.

Get views and opinions in alignment.

Implement the practice of listening.

Speak words that edify.

Work on the parts of the relationship that compliment the other.

Higher Ground Principle # Seven

Build a virtuous cycle in your relationship through hard work.

To successfully build up the relationship you must take the initiative to begin a virtuous cycle.

It will require hard work and much sacrifice, especially the setting aside pride.

Begin the change by doing something positive.

Build patterns of success that encourage one another and that inspire kindness, gentleness and favorable treatment of each other in your routines.

Compliment, don't criticize.

Build consistency in your relationship.

How much are you willing to risk to cause the relationship to work?

Getting started does not have to be brutally painful, or extremely embarrassing if it is borne out of love. 1 Peter 4:8 reminds us that love shall cover a multitude of sins.

If you pause to think about how much you love and admire this person, perhaps your reaction would be one of support and encouragement.

What additional (new) value can you add to the relationship so that it does prosper?

Higher Ground Principle # Eight

Assert your right to leadership through sacrifice and service.

Are you lording it over?

Are you the one who gets waited on, or are you the one who waits on the other?

Being waited on is not something you buy in a personal relationship.

Have a Christian attitude of service.

Lead by example.

Sacrifice for the benefit of the other.

Seek opportunities to be of service to others.

Be willing to give up your comfort to benefit someone else.

John 13:12-17 “...for I have given you an example, that you should do as I have done to you...”

Joy and happiness come after sacrifice

Sacrifice pride, your comfort and the desire to be waited on.

Satisfy the needs and proper desires of your partner.

Exercise the Christ like quality of giving and serving first, without requiring a recompense.

Higher Ground Principle # Nine

Live and walk by the higher and greater standard worthy of the Christian name.

Christians have a special charge and responsibility.

The high calling:

Learn – acquire knowledge from the Word.

Walk – put the principles you learned into practice.

Teach – offer up what you learn and be the example

Live – a life worthy of the high calling.

Watch your behavior – it should not be any different in public as it is in private.

Don't do what is popular, or politically correct to be accepted by others.

Always seek to do according to biblically correct behavior.

As an imitator of Christ others may want to be like you.

Get past the world's way of thinking in your behavior.

Change the parts of your lifestyle which are ungodly.

Only you can take the initiative to make your relationship work.

Are the values adopted into your relationship the same as what you've been asked by the Lord?

Should the values be based on your station in life?

Or, your age (seniority).

Adopt a code of conduct for handling offenses:

- **When you are the cause, and**
- **When others are the cause.**

Higher Ground Principle # Ten

Be a peacemaker who brings calm to your relationship.

Proverbs 12:20 (KJV)

Deceit *is* in the heart of them that imagine evil: but to the counsellors of peace *is* joy.

Men do not appropriate enduring peace.

A peacemaker is a believer who is walking in the steps of the Lord Jesus Christ.

Peacemakers are blessed, and called the children of God.

You have been equipped by the Holy Spirit to operate peace.

A peacemaker brings calm to a situation.

You have the attributes for improving relationships.

You are the salt of the earth

You are the light of the world.

Higher Ground Principle # Eleven

**Keep the salt flavor for God's Word in you from diluting
by mixing in temptation and sin.**

Compare your usefulness to that of salt.

Salt changes the flavor right away.

Stay salted, stay in God's Word.

When you act like everyone else outside of God's Word, you've lost your salt. If you do not apply godly principles in your life, where is your help going to come from?

You become good for nothing.

You have lost your high calling for what you've been set aside to be.

When you are at peace others around you receive your peace.

When you are vociferous, noisy, and argumentative others respond in kind

Be the initiator of peace.

Salt seasons and preserves

As the salt of the earth, you set the tone for those around you and you preserve peace and quiet in your relationship.

You will not influence change in other's lives when you display a negative attitude.

Higher Ground Principle # Twelve

Illuminate darkened hearts, help bear another's heavy load, bring cheer to the sad. (Galatians 6:2)

Matthew 5:16 (KJV)

Let your light so shine before men, that they may see your good works, (that they might see the goodness, that they may see you as their minister of hope, that others can see godliness thru you) and glorify your Father which is in heaven.

A bearer of light is committed to bring light to the dark.

You are the center of hope, goodness, kindness and godliness.

Light bearers illuminate darkened hearts.

Bring cheer to otherwise lackluster lives of people.

Help to bear other's heavy loads.

Remove obstacles that obscure their vision.

You are a beacon of light in a world of darkness.

Your light can only be extinguished by you.

Let your light shine.

The light from a lighthouse warns the ships of impending dangers around the shoreline, and it saves human lives and preserves precious cargo.

As we come to the Lord daily, we are renewed in mind and spirit, and polished so our light can shine bright in this dark and perverse world

Higher Ground Principle # Thirteen

Let God's light into your heart by relating positively with others.

The Ten Commandments teach us how to have and maintain a right relationship with God.

The Sermon on the Mount teaches us how to righteously live the doctrine of Christian life.

We can learn from the Apostle Peter how to live rightly with men. 1 Pe 2:12-17

These are "Ten Points of Light"

Be honest,
Do good works,
Obey all laws and regulations,
Always do the right thing,
Don't use Christianity to beat others down, Be first a servant of God,
Don't dishonor or disrespect others,
Express love to those in the Church family,
Hold God and the things of God in reverential fear, Honor the elected and appointed heads of state.

Higher Ground Principle # Fourteen

Follow the example of forgiveness given by Jesus.

Jesus paid the price so that mankind could return to God by giving His life in payment for all of man's wrong doing. He asks two things of you in return: (Ma 5:22-26)

- 1. First be reconciled to your brother**
- 2. Agree with your adversary quickly**

Higher Ground Principle # Fifteen

Avoid quarrels, do not trespass against others.

Here is what occurs as we commit trespasses against each other:

- 1. Grieves your soul** – makes you feel emotional illness.
- 2. Affronts you** – causes painful confrontation and provokes an ill response.
- 3. Abuses you** –unfair bullying – someone who is more eloquent, talks louder, or uses an economic, emotional or personal advantage over you to get their way.
- 4. Gossips and besmirches your standing** among others in the Church, brings false accusations, tale-bearing, tattle-telling
- 5. Is injurious** to your estate – "puts you down".

Higher Ground Principle # Sixteen

Maintain peace, love, and joy in the Church and in your relationship.

Preserve purity and holiness in the Church.

Define your relationship by the Word, and not by the standards of the world (Gr. *aion* = this age), or as the world defines relationships.

The world is not your friend, it's your enemy.

Any behavior according to the world is contrary to the better good of the Church.

In the Church you are charged to forgive and bring peace between you and others.

Be sure that your relationship is devoid of sarcasm, conflict and abrasive behavior, as is common in the world.

Find teachable moments that bless others in the Church.

Change your attitude.

In a confrontation, the only thing you are sure to control is yourself.

Keep from railing accusations and further fueling the situation.

Practice staying quiet.

Keep your emotions in check.

Higher Ground Principle # Seventeen

Be a winner in every situation.

The charge to the Christian is to be a peacemaker.

So, there you stand aggrieved, having tried to discuss the matter privately one-on-one with the aggressor, only to be rejected.

What are you to do?

You must rise to a higher calling.

You have been charged with responsibility to rectify this matter. That may seem unfair, but any other approach would result in one person winning and the other losing.

Do you want your partner to be a loser?

No, of course not.

This person is your spouse, your friend, your partner, and if there is no other way to describe him/her, consider that they are your brother/sister in Christ.

They are equal heirs in eternity with you and with Christ.

If all else fails, you are to forgive and continue in prayer so that you are not burdened with the guilt and sin brought on by the situation.

You are a winner because you have stayed aligned with Christ,

and you are the hope for healing in your relationship.

Now, that's being a winner.

Higher Ground Principle # Eighteen

Find a qualified Christian to help resolve the matter.

Who qualifies to be a witness:

There must be no less than two witnesses (Deut 17:6-7).

Of good character, honest, and of integrity.

Witnesses are objective and uninterested parties.

In the Church, witnesses should be used as a last resort.

Will witnesses escalate and broaden the issue?

Impartiality

A renowned person and respectable who can reason impartially with the opponent.

Elders

Don't take your posse.

What if he won't listen to reason?

Tell it to the Church.

Handle it privately among the fewest persons possible.

Resist the forces of division within the Church.

Bring the matter privately to an elder or the Pastor.

If he won't listen, then he is to be to you as are others outside the Church.

Pray for him, ask God to give him a tender heart.

Treat him as a heathen...

Treat him as you would a stranger.

Exodus 22:21 (KJV)

Thou shalt neither vex a stranger, nor oppress him: for ye were strangers in the land of Egypt.

Hebrews 13:1-2 (KJV)

Let brotherly love continue.

² Be not forgetful to entertain strangers: for thereby some have entertained angels unawares.

Don't you want to give him what he has coming to him?

James 5:19-20 (KJV)

Brethren, if any of you do err from the truth, and one convert him;

²⁰ Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins.

Work for God, He wants to save people
Jesus wants to get as many people as He can through the gates and into the
Kingdom of God.

You have been entrusted with a great responsibility.

Higher Ground Principle # Nineteen

Lord, free me from the love of \$money and chain my heart to loving you and loving my brother.

What is money?

Money is a medium of exchange

It's a currency that facilitates trade

We trade our services or labor for a fair wage

Money and its utility are not tied to sin.

\$Money dominates your behavior when it comes to finances.

A love relationship with \$money is an illicit one. (1 Timothy 6:10)

It interferes with your personal relationships.

\$money is a root that has dug deep into the fiber of your being.

\$money controls you in many situations.

\$money affects your judgment, and is contrary to your walk in faith.

Your relationship with \$ brings disappointment, breakups and disaster.

How you relate to \$Money is how you relate to others.

Does God value you according to your wealth?

The first tenth belongs to Yahweh. Is he getting it?

Money is used to validate who you want others to think you are.

Overcome love of \$Money.

Make God your sufficiency, not your \$money

The tithe is God's way to free you from this illicit love.

The tithe is holy unto the Lord. (Lev 27:30)

Building a pattern of tithing releases you from the bondage of sin associated with covetousness, selfishness, avarice, etc.

Building a habit of tithing and teach your children to tithe.

It builds a natural barrier of separation between you and love of \$money.

2 Corinthians 8:12 (KJV)

For if there be first a willing mind, *it is* accepted according to that a man hath, *and* not according to that he hath not.

If your mind is willing, then 10% of \$40 = \$4.00

Is as easy to give, as

10% of \$40,000 = \$4,000.00

Use money to strengthen your relationship.

Why you should give and lend.

Galatians 5:13-14 (KJV)

For, brethren, ye have been called unto liberty; only *use* not liberty for an occasion to the flesh, but by love serve one another. For all the law is fulfilled in one word, *even* in this; Thou shalt love thy neighbour as thyself.

Have compassion not greed.

Seek the magnificence of God and His hand of providence.

Remember God has eminent rule.

Relinquish your hold on material things, and show God He is first.

Surrender your fear of being without.

You are to be of one accord, one mind on finances.

Form a three way partnership with God.

Higher Ground Principle # Twenty

Have unlimited forgiveness for others as God has for you.

The problem we encounter with forgiveness is that there is no gray area in which to dwell.

Forgiveness is absolute and complete.

You cannot reason varying degrees of forgiveness because it just does not work that way.

If you can't bring yourself to completely forgive, it is probably because it does not fit into your way of thinking.

You cannot change God's commandment. (Ma 18:21-22)

You must change your way of thinking.

You can't skate around this and say you have forgiven a little, enough to look good in the eyes of others, but not in the eyes of God.

In the Kingdom of God there is no limit placed on forgiveness.

When you fail to forgive you are nothing less than a wicked servant.

Forgiveness is always in style and expected on demand.

Higher Ground Principle # Twenty-One

Measure your words and avoid offending others.

Lower your tone, respond with a kind word and keep from shooting out darts of retort that infuriate the other person.

The effect will be to quiet down the situation until cooler heads can prevail until an opportune time for handling the issue.

When either or both partners apply the respective principles from the Word without constraint, the result is outstanding and the relationship soon turns to a positive one.

The iron in the Word sharpens the iron in the man

when it rubs against him in a positive and constructive way, when the heart of the man is prepared to obey the will of God, no matter how painful it may be.

God uses the iron of His ways to chastise men and women of God, to sharpen them-up so they come to their senses. (Lu 15:12-18)

Higher Ground Principle # Twenty-Two

Form a perfect partnership in your relationship as did Jesus with God, and as Jesus desires to have with you.

The relationship between God and Jesus provides the keys to unlocking the secrets of the perfect relationship.

There is clarity with regards to who is in charge,

Who, the decision maker is.

There is no doubt between them.

Despite His prevailing authority, God will not violate Jesus' free will. (Mk 14:36)

God would respect him for any choice Jesus would make.

Jesus appeals to us into wanting to partner with Him. (Ma 11:27-30)

He will take the load off your back and give you the light chores to do.

He will relieve you of the hardships of life and replace them with joy and prosperity, if you become his partner.

When you partner with Jesus you too will transform and become like Him.

It is at this point of spiritual maturity that you will extend yourself to others and build the relationship that is modeled after your relationship with the Lord.

You will dwell in THIS: truth, honesty, integrity and sincerity.

You will weave the concepts of sanctification, sacrifice, substitution, submission, and survival of your relationship into the very fiber of your life.

You will be the driving force

to work spiritual laws into your relationship.

The results will propel your relationship into a perfect partnership where soft words are employed to take away wrath, and where constructive criticism works to sharpen one another and improve the quality of the relationship

You will have the perfect partnership on Earth.

WORKSHOP EXERCISES

#1 Woman/Wife

#2 Employee

#3 Employer

#4 Child

#5 Parent

#6 Friend

#7 Man/Husband