

**HEAD** meets  
**HEART**  
**the workbook: session 1**

# SESSION 1

## AN OVERVIEW *of* THIS THING WE DON'T CALL DATING

### WHAT IS A DIFFICULT PARTNER?

Three common areas difficult partners struggle with were given. What were those 3 areas?

1.

2.

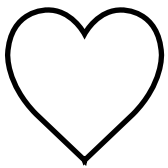
3.

Difficult partners can take on many forms, brainstorm below some qualities of a difficult partner.

What is the core difference between acting like a jerk(ette) and being a jerk(ette)?

If you were in a relationship with someone who was emotionally immature, what are some warning signs you may see?

Brainstorm some relationship skills that would be essential for having a healthy relationship.



## **EXAMINE** *your* **LOVE LIFE**

Think about your relationships: past + present. What are some qualities that the partners you choose have in common? Can you identify any difficult partner-esque qualities that you tend to see over and over again in your relationships?

## SOCIAL SHIFTS THAT CHANGED DATING

Three social shifts that impacted dating were identified. List them below.

1.

Lost Belief 1: Families Marry Families

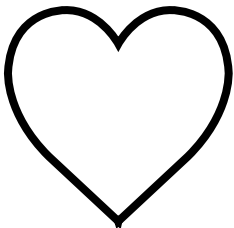
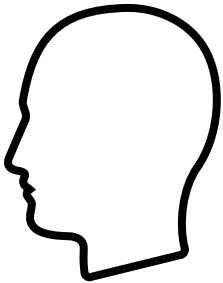
Lost Belief 2: Singles Need Guidance

2.

3.

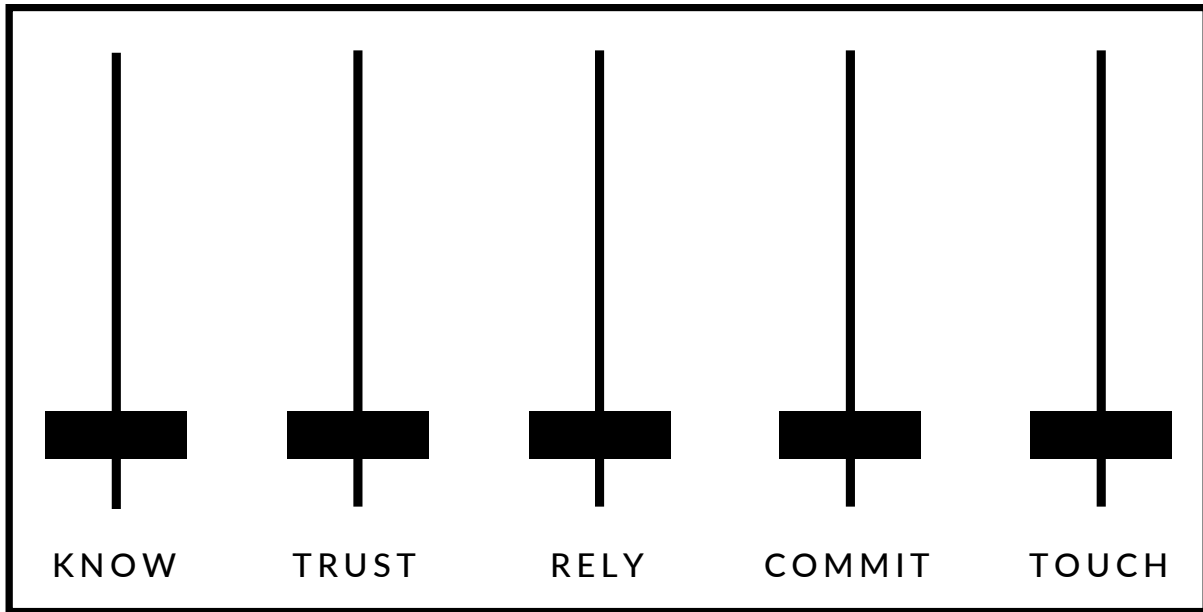
## 2 PURPOSES OF THE COURSE

This program is all about the head and the heart staying in balance. What is purpose of the head and what is the purpose of the heart in the Head Meets Heart course.



# THE RAM

## THE RELATIONSHIP ATTACHMENT MODEL



There are 5 features of the RAM. List those below.

1.

2.

3.

4.

5.

## THE SAFE ZONE

What is the safe zone rule?



## **EXAMINE** *your* **LOVE LIFE**

Think about how you have built your relationships in the past. With this in mind, how closely have you followed the safe zone rule? How would you do things differently or similarly in the future?

## FACES

What are the five areas areas to get to know in a developing relationship?

F

A

C

E

S