



HEALTHY RELATIONSHIPS INITIATIVE

Toolkit for Couples

Reflection Activity #4: Relationship Messages

Directions: The beliefs you hold about relationships are influenced by messages you receive from the world around you. Together with your partner, write the lessons you each learned about relationships from the following sources. Consider how each of these sources portrays couple relationships. At this point, do not make any judgments about the usefulness of these messages. Simply consider what you learned about relationships from each source. Discuss your responses with your partner.

Example: A message you may have received from the movies is: “Relationships should be between soul mates. When people are meant to be together, nothing should keep them apart.”

Source	Partner A	Partner B
The movies		
Television shows		
Your parents		
Your friends		
Your religious/spiritual community		
School/Education		
Books		
The government		
Other: _____		

After completing this exercise, consider which sources of information were most influential on your personal attitudes toward relationships. Notice similarities and differences in the messages that you and your partner received. Discuss how the different influences on your beliefs influences your relationship.