



INTERPERSONAL RELATIONSHIP

Interpersonal Relationship is a connection or association between two or more people. It may be for a short span or life long depending upon the relationship .One cannot live in isolation and everyone needs someone to “ Share and Care.”

Good interpersonal relationships help us lead healthy and joyous life and for this we need to be continuously aware of the effects of our thoughts, words , behaviour and actions on our relationships.

Relationships are a lot like plants, the more we care for the healthier they become.

Interpersonal relationships are essential for our wellbeing.

We have personal needs that can be satisfied only through interacting with others. How fulfilling, productive, meaningful and satisfying our lives turnout to be depends on the quality of the relationship we form with other people.

As we grow our social circle widens . From members of family, to peer group and other people in community.

Our identities are defined by our interpersonal relationship. It is within our relationships that we discover who we are as a person.



Relationship with Parents

The first relationship in the world that we have is with our parents. The need of the child is immediately recognised and fulfilled by the mother even when the child is not able to express in words. Similarly the child also responds with smile to the care provided.

As you expect from your parents to take care of you, they also deserve to be taken care of by you. To fulfil these do you know:

- Nickname of your mother and father
- Their birthdays
- Their place of birth
- Their date of marriage anniversary
- Their educational qualification
- Their occupation
- Their office address

- Their favourite colours
- Their favourite actors and actress
- Their favourite songs
- Their favourite food choices
- Their most pleasant memories in life
- What they want to become when they were of your age
- What is their aspirations about you

By celebrating small events like, birthday, marriage anniversary and giving them small gifts of their liking will make them feel important and wanted for you. This will help in developing a healthy and pleasant relationship between you and your parents.



Some other points to improve relationship with parents

- * Spend time with your parents
- * Respect them
- * Have faith in them
- * Be honest with them
- * Stay calm while discussing
- * Don't immediately over react
- * Don't defensive
- * Avoid putting down your parent's ideas & beliefs
- * Seek permission for going out or staying out late
- * Help them in routine work.



Relationship with friends

Friendship is a beautiful relationship which gives us company, support and joy, which we should maintain very carefully.

Friends are not made or changed every day or frequently. Strong and lifelong friendship starts in childhood and in school. So to make good friends and maintain healthy friendship certain qualities are very important.



A Good Friend is the one who:

- ✓ Is interested in me and shows this interest.
- ✓ Sees and recognises my strong points.
- ✓ Accepts my weak points.
- ✓ Helps me to improve myself.
- ✓ Listens to me and not reveal my secrets to other.
- ✓ Helps me to achieve success and is happy for me.
- ✓ Feels committed to me and my life.
- ✓ Guides and helps me through difficult times.
- ✓ Has patience with me.
- ✓ Defends me.
- ✓ Has time for me.
- ✓ Strengthens my self esteem.
- ✓ Makes an effort to maintain our friendship.
- ✓ Doesn't take advantage of my weak points.
- ✓ Helps me to overcome from discomfort.
- ✓ Accepts me as I am.
- ✓ Increases my self confidence.
- ✓ I can rely on him.

Friendship is not based on personal gain or material success. Genuine friendship is not impaired by changes in a person's social position, success or failure.