

Adventure

07 HEALTHY RELATIONSHIPS

Switch Insecure to Confident



SOLEFX
JOURNEY





Adventure 07 HEALTHY RELATIONSHIPS

Learn
Engage
Act
Develop

Switch Insecure to Confident



Confident leaders are humble and empathetic, and they build relationships based on mutual respect. **Healthy relationships** make you feel understood, supported, and strong enough to be yourself, so you can authentically connect with others.

Insecurity comes from an overall uncertainty about one's worth, abilities, or skills. In relationships, people with low self-confidence are unable to be vulnerable or trust others.

Confidence is believing you are capable and recognizing your self-worth. It is not about being perfect or better than someone else, but trusting your abilities, qualities, and judgment.

Negative FX Insecure people are often jealous, experience more anxiety, fear failure, and tend to overreact. These traits create toxicity within relationships.

Positive FX Confident leaders communicate assertively and have healthier relationships. They're emotionally strong, so they don't waste time comparing themselves to others, needing to prove their worth. They aren't stressed because they take their own path toward success.

Our Goal

TO SHOW STRENGTH

Be the strongest version of yourself by creating relationships of mutual respect.



In Today's Adventure You Will:

- ▶ Assess the health of your current friendships.
- ▶ Assess your own strengths as a friend.
- ▶ Create relationship boundaries for mutual respect.

RELATIONSHIP SKILLS

Unhealthy

Neutral

Healthy

Apathetic		Adventurous
Insecure/Negative		Confident/Uplifting
Judgmental		Accepting
Stressed		Relaxed
Competitive		Supportive
Passive or Aggressive		Assertive
Controlling		Compromising
Self-Centered/Critical		Listens/Cares



FRIENDSHIP ASSESSMENT

Identify three friends you spend the most time with, online and offline. Using only your friends' initials, assess these relationships on a scale of 1–5 and then total each column.

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

Friend 1's initials ____	Friend 2's initials ____	Friend 3's initials ____	
☐	☐	☐	Their values are similar to mine.
☐	☐	☐	They relieve my stress when we're together.
☐	☐	☐	They listen to me, and I can assertively tell them what's right for me.
☐	☐	☐	They are uplifting.
☐	☐	☐	They care about me.
☐	☐	☐	They don't judge or make negative comments about me or others.
☐	☐	☐	They accept who I am, and I trust that they will respect my values.
☐	☐	☐	They have healthy habits.
☐	☐	☐	They are supportive of my other friendships.
☐	☐	☐	They are someone I'd go to if I needed help.
☐	☐	☐	They are fun to be around.
☐	☐	☐	They are trustworthy.
☐	☐	☐	They are happy for me when I am successful.
____	____	____	
Total	Total	Total	



Rating Scale

Reflect on your total scores by reading through these friendship descriptors.

55–64 Healthy Friendship: This friend will bring out the best in you, so continue to nurture this relationship! As you spend time together, you will positively influence each other.

45–54 Good Friendship: This relationship is fairly uplifting, but there is room for growth. Pay attention whether the relationship continues to be a positive influence in your life.

30–44 Indifferent Friendship: This friendship is not leading you toward a more positive life. Consider spending more time in healthier relationships. However, you might be the positive influence this person needs.

29 & below Unhealthy Friendship: This relationship is concerning. It is not a healthy relationship, and you should try not to spend much time with this person. Take the time to seek out people who respect and empower you.



SETTING BOUNDARIES FOR MUTUAL RESPECT

Think of two difficult relationships that bring you stress. Complete the chart below.

My relationship to them. Friend, parent, sibling, teacher, classmate, etc.	What makes it difficult, and how do you feel? They gossip and put me down. I feel uncomfortable and angry.	Assertive actions I can take. Don't engage. Tell them to stop. Say, "I don't think that's funny."
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TEAM DISCUSSIONS



1. RELATIONSHIP SKILLS

- ▶ Mark on the unhealthy to healthy spectrum's where your skills fall.
- ▶ Reflecting on these, what are your relationship strengths?
- ▶ What is a relationship skill to improve, and how can you work on this?

2. FRIENDSHIP ASSESSMENT

- ▶ What's the most important thing you look for in a friend?
- ▶ What do your friends do to support you and build your confidence?
- ▶ What do your friends do that make you insecure or bring you down?
- ▶ Share something unique you appreciate about each friend.

3. SETTING BOUNDARIES

- ▶ Without using names, share your relationship challenges and how these affect you.
- ▶ Exchange ideas on how to assertively deal with these challenges.

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HEALTHY RELATIONSHIPS

Switch Insecure to Confident

Step 1

Choose a strategy that will help you to create healthier relationships.

Step 2

Reflect back on what you learned about yourself and from others during your discussions.

Step 3

Return to your Leadership Guidebook and locate your **GPS** for Adventure 07 to:

- » Set Your **Goal**
- » Track Habit **Progress**
- » Build on **Successes**



TO SHOW STRENGTH

Strategies to Develop Healthier Habits

- ☐ Distance myself from negative people.
- ☐ Spend time with uplifting people I like and respect.
- ☐ Be a more empathetic and supportive friend.

Switch the Story *Live* Your Adventure