

THREE



OF EMOTIONAL NEEDS

***A* CCEPTANCE**

***A* PPROVAL**

***A* FFECTION**

Name _____ Period _____ Date _____

HOW DO I FEEL ABOUT LOVE?

Directions: Answer the following question with your honest feelings. There are no right or wrong answers, and the activity will only have meaning if your answers are honest and sincere.

1. I think love is _____
2. I feel nervous about love when _____
3. I am attracted to a person that _____
4. When I am rejected or ignored by someone I love, I _____

5. Love is exciting because _____
6. I enjoy companionship when _____
7. The most nerve racking part of a relationship is _____

8. The most important part of dating is _____
9. I expect my dating partner to _____
10. It is easier for me when dating partners have ideas and values that are similar to mine because _____

11. My ideal date would be _____
12. I think dating exclusively (going steady) is _____

13. Dating in groups is _____
14. I don't expect my date to _____
15. A fun, inexpensive date would be _____

THE CLASS RING

by Chris Moore

If a boy and girl liked each other back in the late fifties and early sixties, the boy would give the girl his class ring. In junior high school this was rather difficult because no boy had a class ring--this privilege was reserved for high school when the boy purchased one. That wouldn't stop the junior high boys. They would "borrow" one from their older brothers or high school friends. The boy would then give this ring to his girlfriend. Girls would be so excited to receive the ring, regardless of where it came from, because that meant she could wrap the ring with angora yarn.

Angora was a fuzzy yarn that came in all colors. The ring was wrapped because it would be too big for the girl's finger and this was one way she could make it fit. Girls carried a tooth brush with them at all times so the yarn holding the ring could be brushed into a big furry ball. Yarn colors were changed daily or even hourly to match the girls' outfits or moods. How I envied all of those girls with the big balls of fluff on their fingers and their toothbrushes. I would watch the ritual of wrapping, adjusting, and combing with such awe that I was overcome with the need to have one.

One day at lunch, a boy came up to me and asked if I knew who Tom was. I said, "I think so." The boy then returned the reply, "He likes you!" I thought to myself, "So!" The boy then proceeded to walk away. A vision of a ring with fluff appeared before my eyes. I called out, "Wait!" He stopped and faced me. "Does he have a ring?" I asked.

"I'll check," he said. A few minutes later he returned and said Tom had a ring. I was overjoyed! I told the boy that I liked Tom, too! The boy went running back to Tom. Words were exchanged and Tom gave the boy something. The boy came running to me and presented me with the all-important ring.

My best friend was a silent observer to this scenario and asked, "Do you have a tooth brush and angora?" I said, "No!" We spent the next few minutes rounding up a spare toothbrush and some angora--there was always plenty to be found! I wrapped the prize in the ritual that I had seen so many girls before me perform. I combed the ring lovingly, fluffing the angora to a puffy ball.

My revelry was interrupted by, "Ahem." I looked up and there was Tom smiling at me. I looked down at the ring, up at Tom, down at the ring. At that moment, I realized that Tom came with the ring! I didn't want that! I wasn't ready to be with just one boy. I wasn't even certain about my relationship with boys or how I should act around boys! I sadly unwrapped the ring and gave it back to Tom. He walked away confused and sad. I walked away confused. This was the first time I had considered the commitment that a class ring made.

Name _____ Period _____ Date _____

THE CLASS RING

Directions: Answer the following questions.

1. What did the ring represent in relationships?
2. Do you think there is pressure to pair in school? Why? or Why not?
3. Was the girl in the story ready to pair? How could you tell?
4. Are all teens ready to pair at the same time? Why?
5. What might a girl say to a guy who wants her to "go out" with him, but she doesn't want to make that commitment?
6. Should pressure be placed on someone who is not ready to go with just one person? Why?
7. What are some verbal or nonverbal clues that a person may not be ready to commit to a relationship?

THINGS TO DO ON DATES THAT COST LITTLE OR NO MONEY

Nature things: walks, hikes, horseback riding

Church functions/socials

Community concerts and activities

Special movies or programs on TV

Drama or musical events at other schools

Tour local places of historical interest

Go to art exhibits or visit local museums

Go swimming or snow tubing

Build a snowman

Build a birdhouse or bird feeder

Volunteer for a project

Visit the aviary

Take younger siblings to park

Visit Christmas village

Go for a picnic

Make a kite and fly it

Play frisbee

Take pictures

Make popcorn/candy/cookies

Play pool or table tennis

Go through model homes

Ride bikes

Window shop and people watch at the mall

Ride the bus indefinitely

Put a jigsaw puzzle together

Play table games with siblings, grandparents, or _____

Go fishing

Go to local team ballgames

Go to the library

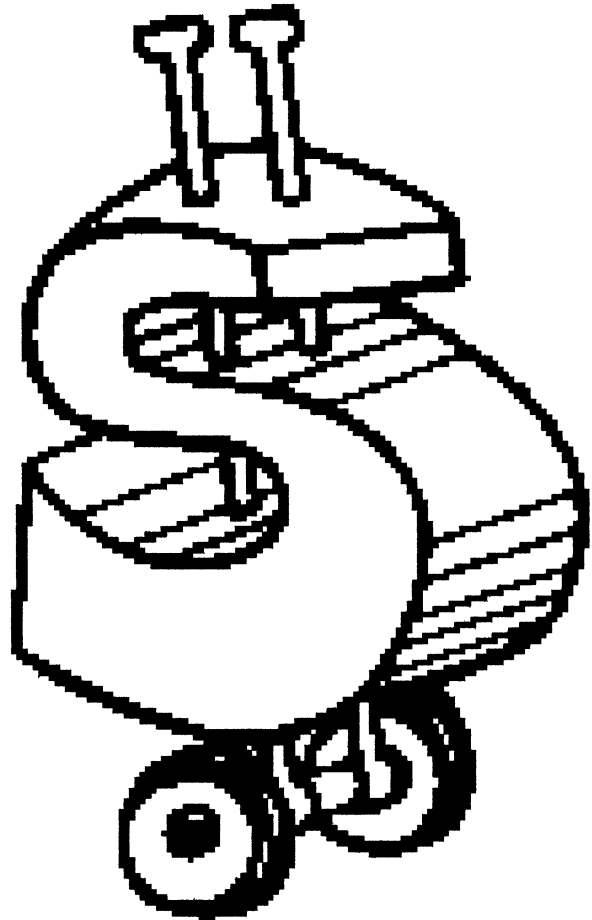
Play croquet, volleyball, badminton, marbles, jacks, shuffleboard

Make presents

Learn to square dance or line dance

Roller skate or ice skate

Do a good deed for someone who doesn't expect it



Name _____ Period _____ Date _____

DATING CODE

Directions: Develop a dating code for your future children. Include rules, what you expect in the way of appropriate behavior and conduct. Include reasons for each thing you list.

C _____

A _____

N _____

I _____

D _____

A _____

T _____

E _____

Name _____ Period _____ Date _____

DATING CODE – TEACHER SAMPLE

Directions: Develop a dating code for your future children. Include rules, what you expect in the way of appropriate behavior and conduct. Include reasons for each thing you list.

Can you follow these rules? _____

Avoid having bad friends! _____

No to drugs! _____

I'll be home at the time requested. _____

Don't dare to do crazy things! _____

Are you responsible enough for this? _____

Tell us who your date is! _____

Earn our trust and keep it! _____

LOVE STORIES

ROBERT FROST: Author Lawrance Thompson, the biographer of Robert Frost, relates the story of a childhood sweetheart of this famous poet. Her name was Sabra Peabody, and as an awkward 12-year-old, he wrote her several love letters convincing her of his loving feelings about her. Not long after, he moved from the town and heard no more about her. When Robert Frost and Sabra were in their 70's, the following incident occurred. Due to the fame earned by Mr. Frost, the town had added a Robert Frost Collection in the town library. Sabra, still in possession of the notes, donated them to the library. They were put in a sealed envelope and marked, "Do Not Open During Robert Frost's Lifetime." On a surprise visit to the library Mr Frost found the package, tore it open and read the notes. He told his biographer later, "Sixty years have passed!...and I've never forgotten her." A flood of memories swept over him and his eyes brimmed with tears. He had to leave the library and return home.

NEW ZEALAND SWEETHEARTS: A couple in New Zealand had been going together for a few years, but because of parental interference on both sides, he just ran away from her. He immigrated to Canada and then to the United States. He married twice during that time, and both wives died. He tried to get friends in New Zealand to locate his previous sweetheart, but without success. One night he awoke and in his mind's eye he saw the word "Rotorua", a small community in New Zealand. He wrote to that community, addressing the card to his former flame. The card did reach her and she wrote back saying, "It seems like it's been 2,000 years since I heard from you last." In his third letter to her, Mr Speary proposed marriage. He called her long distance after she accepted, and then a travel agency arranged for red carpet service all the way.

"It's as if a wound I've had all my life has healed," Mr. Speary said. Mrs. Speary revealed that with every knock of the door for 53 years, she had wondered, "Is that Cyril Speary?" The right knock finally did come and they were married six days later on St. Valentine's Day.

9TH GRADE GRADUATION: Dreamy. That is the way Leisa remembers her 9th grade graduation. The dance was filled with all their friends, everyone was dressed up, and they had worked for two days to convert the cafeteria into the perfect combination of soft lights, twisted crepe paper and balloons.

Leisa's date was Ray. They had been "going steady" for 3 months. They had had warm feelings for each other longer than that, but the last few weeks of ninth grade had brought yearbook day and Lagoon day and given them more time to spend together and enjoy each other's company. Holding hands in the hall on the way to class had let everyone know that they were a serious item.

LOVE STORIES - Page 2

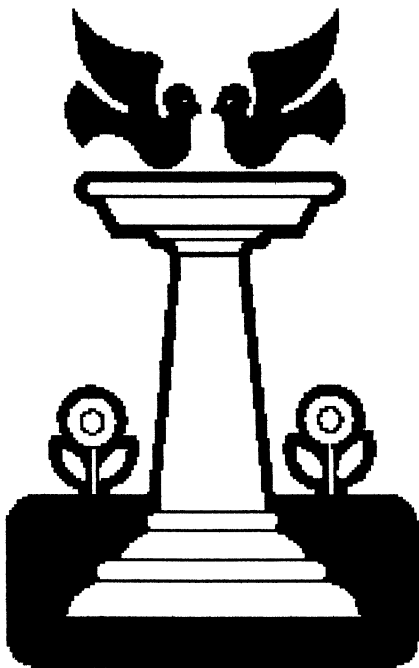
The day of graduation finally came. Leisa spent hours getting ready and she looked great in her new white dress and shoes. After the dance, Leisa and Ray and several other "couple friends" had plans to go out to dinner (driven by their parents, of course). Everyone was looking forward to it.

The dance was great, the dinner was their favorite foods, but there was one sad note to the evening. Leisa and Ray were going to be attending different high schools and they knew they would not be able to see each other very often. As the evening was coming to an end, Ray swore his undying devotion and feelings of love for Leisa and she for him, ending in their first kiss. They spoke of how Ray would call Leisa during the summer and try to get to see her.

Reality soon hit! Ray never called, or came to see her. In fact, it has now been almost 30 years since this graduation night and they have never talked to or seen each other since. Leisa still gets red-in-the-face mad every time she talks about and remembers the promises made that were never kept. "If I came face to face with him now, I would not know what to say. I still have those same feelings that I did so long ago."

SUMMARY CONCEPT:

The emotions of a first love are never entirely forgotten--they are just put in a special place in your memory.



LOVE OR INFATUATION ROLE PLAYS

Situation No.1:

"I am looking for someone to look out for me--someone who understands me and is willing to listen. I want someone to share myself with, someone who has a lot in common with me, someone who supports me in everything I try to do. I will also support them in all they work to accomplish."

Situation No. 2:

"The guy I go out with must have a decent car! I like to have fun, I like presents, and I like for guys to bring me presents a lot, even if it's something little."

Situation No. 3:

"When I first started going out with Mark, I really liked him a lot. But after three or four months, I knew him so well that it began to feel like he was a part of me. I knew that if he wasn't in my life, a part of me would be gone."

Situation No. 4:

"I love her hair, her body, and the way she walks. I don't know if we have anything in common or not--I haven't ever really talked to her. But I know I love her."

Situation No. 5:

"I'm a better person when I am with _____. I can be myself, share, and tell my future plans without being embarrassed."

Situation No. 6:

"I love _____ and I know he/she's not perfect, but when we get married I can help him/her change."

Situation No. 7:

"Tom Cruise is so handsome--I'm trying to find someone who looks just like him."

Situation No. 8:

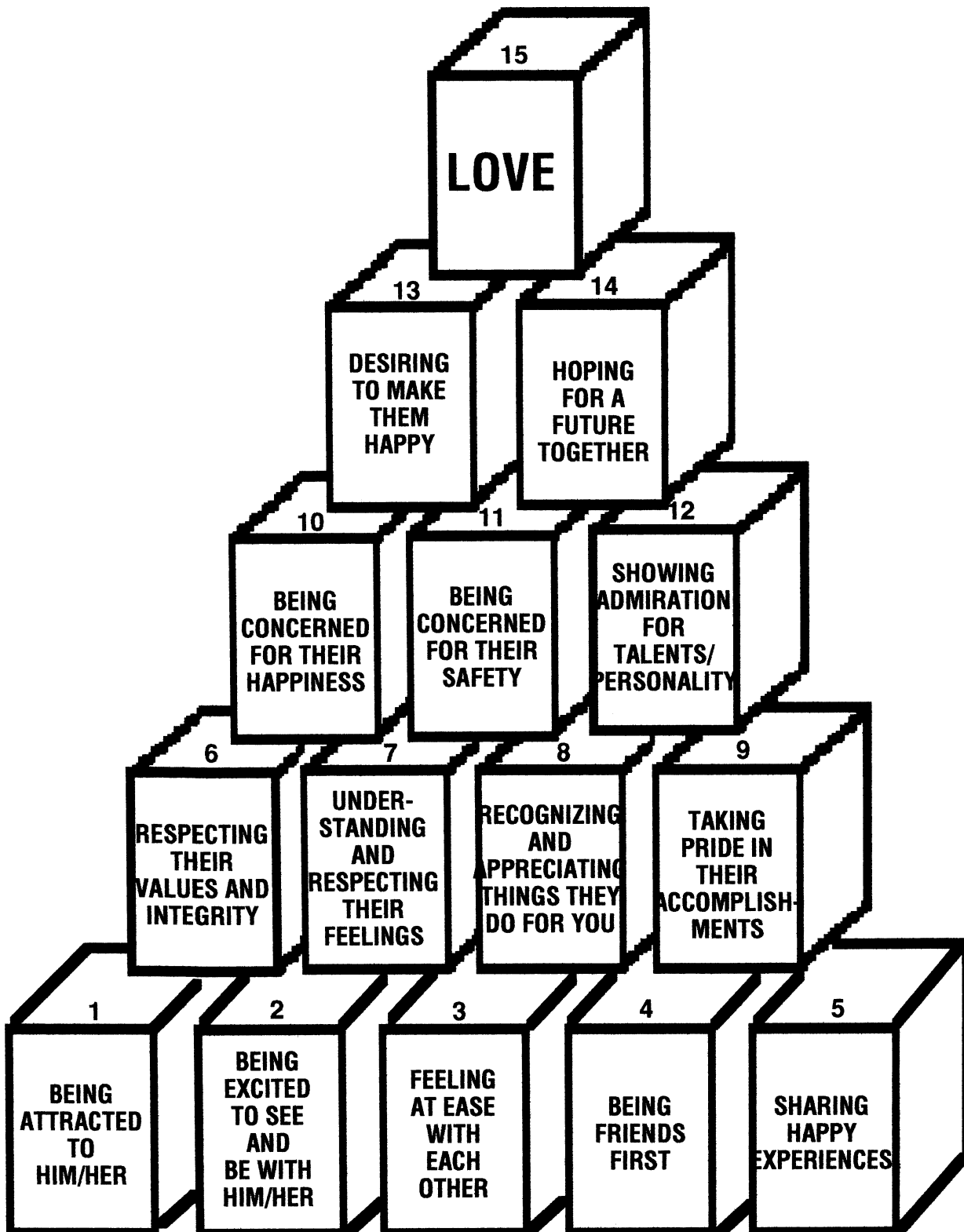
"I love _____, but my parents don't. They just don't know him."

Situation No. 9:

"Our relationship started out just being friends and then it grew into a romantic relationship. We're still good friends, too."

BUILDING BLOCKS OF LOVE

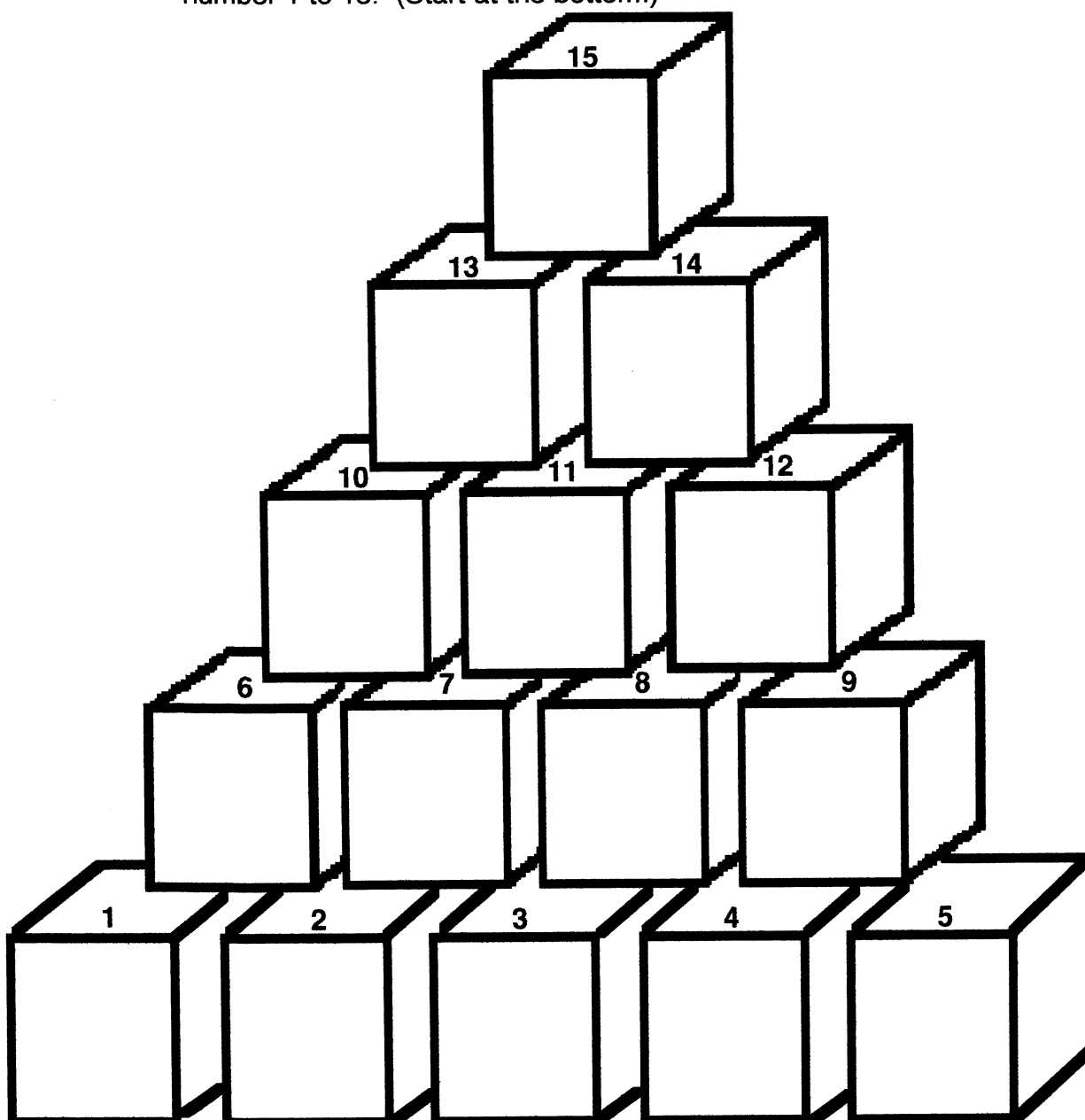
1. Being attracted to him/her and desiring to share their company.
2. Being excited to see the person and to be with them.
3. Feeling at ease with him/her.
4. Being friends first.
5. Sharing happy experiences with date/companion.
6. Respecting their values, personal integrity, and honesty.
7. Understanding and respecting their feelings.
8. Recognizing and appreciating all the kind things they do for you.
9. Recognizing each other's accomplishments and taking pride in them without feeling threatened.
10. Being concerned for their happiness.
11. Desiring to keep them from harm or harmful situations.
12. Showing admiration for special talents and personality traits.
13. Desiring to make them happy, even if it means sacrificing what you want to do (as long as you're not sacrificing personal values).
14. Hoping for a future together; making plans for future commitments.
15. Love.

BUILDING BLOCKS OF LOVE

Name _____ Period _____ Date _____

BUILDING BLOCKS OF LOVE

Directions: Write the Building Blocks of Love in the following blocks during the class lecture/discussion. You'll notice the highest numbered blocks are at the top and lowest numbered blocks are at the bottom. This indicates the level of involvement required at each block. Block "1" is the most common, and fairly easy to achieve; block "15" is harder to achieve and may take many tries or a long time to accomplish. We'll work from number 1 to 15. (Start at the bottom!)



Name _____ Period _____ Date _____

ARE YOU REALLY IN LOVE?

Directions: Answer the following questions. Check **YES** only if you have quite definite feelings about your answer; if there is some doubt in your mind, Check **NO**. Ready to find out? Here goes!

- | | <u>YES</u> | <u>NO</u> |
|---|-------------------|------------------|
| 1. Did this relationship happen all of a sudden? | _____ | _____ |
| 2. Would you be jealous and upset if someone else made a "move" on this person? | _____ | _____ |
| 3. When you aren't together, do you find yourself feeling sad and unable to do much except think about him/her? | _____ | _____ |
| 4. Are you more in love when you are together than when you are by yourself? | _____ | _____ |
| 5. Do you honestly feel that he/she is just about the most perfect person in the whole world? | _____ | _____ |
| 6. Are you usually unhappy with your family situation? | _____ | _____ |
| 7. Do you know how your one and only feels about family, children, and handling money? | _____ | _____ |
| 8. Do you find that when it comes to this particular person, you are always anxious to appear at your best--that you are more self-conscious about what you say and how you look and act? | _____ | _____ |
| 9. Are you both very happy with few complaints about life, parents, school and other things in your lives? | _____ | _____ |
| 10. If your beloved is away on an extended trip and writing you beautiful, affectionate letters, would you show these to your friends so they would know how much this person cares about and misses you? | _____ | _____ |

Add up the Yes's and the No's. _____ YES _____ NO

ARE YOU REALLY IN LOVE? - TEACHER KEY

Perhaps you thought "yes" answers revealed true love. Not so. It is the "no" reply that counts in each case except for questions 7 and 9. The reasoning? Read on...

1. Real love does not happen all of a sudden. You "fall" off a bike, you don't "fall" in love. Most of us like the romantic image of "our eyes met across the dance floor, it was love at first sight", etc.--grow up! In real life, you can "fall into infatuation", but love takes time to build and grow.
2. Jealousy is not a sign of true love, but rather a dead give away for infatuation. One mistaken idea is that the stronger the jealousy, the stronger the love or commitment. Jealousy is really possessive and repressive--definitely not wanted in a 90's relationship. Dr. Theodor Reik says that people who suffer acutely from jealousy often have an underlying sense of insecurity which leads to an overwhelming need to be loved. As a result, they can be extremely jealous even though they may not be in love at all.
3. Sighing and day dreaming are signs of infatuation, not love. REAL love is centered around the other person with your whole behavior directed toward his or her welfare and happiness. Dr. Henry A. Bowman of the University of Texas explains: "If the one in "love" becomes absorbed in his/her own misery at being separated from the adored one or in daydreaming about them, this person may be in love with "love", not with the other person."
4. Love does not diminish when one is away from the loved one. If you love a person more when you are with him/her, chances are your judgement is being influenced by the charm and excitement of his/her presence. It may be a sign of infatuation.
5. Real love is not blind to another's faults. The person in love knows and understands the other's shortcomings but cares deeply, nonetheless. He/she would never make fun of or point out these shortcomings to others just to get a laugh.
6. An unhappy home life can trick you into thinking you're in love. There are many marriages that do not survive because the young couple really wanted to escape from pressures they considered unbearable at home. When they married, they found the "escape" came with its own set of pressures they were not prepared to handle.
7. Find out early in a relationship what each of you value--it will save much heartache later. Learn about each other's feelings regarding children and money,

ARE YOU REALLY IN LOVE? - TEACHER KEY - Page 2

work habits, expectations of each within the relationship concerning housework, child care, wage earning, etc. Religion* is an important issue to discuss if any of the following circumstances apply:

1. If either of you were brought up in a religious household... If you were, you will most likely expect to bring up your family much the same way. You may not think about it now when there is just the two of you, but look down the road when you have a family, that is when complications can arise.
2. If you have been raised with different religions... It may not seem like it is important now, but ask yourself, "How will we celebrate religious holidays like Christmas and Easter, family events such as Christenings or Baptisms?"
3. If one of you, but not both, have a strong religious preference... If neither of you care, then you are in agreement, and you may sail through this subject. If only one cares, ask yourself, "Am I willing to attend important church services alone without my spouse, and will I, without putting the other person down, be willing to give all religious training to my children without his/her help? If you are, no problem.
4. If your parents or other extended family members have strong religious preferences that are in opposition of each other... You may find yourself caught in the middle when both sets of grandparents expect certain religious ordinances, rites, or services done in just their way.

*Keep in mind that it does not matter if the religion of topic is Muslim, Catholic, Mormon, Jewish, or whatever. Religion is a very personal subject and considered sacred by many individuals.

8. While all of this is important, it is not the only thing in a relationship.
9. Are you a team looking for the positive things in life, or is he/she really just someone to be angry about life with?
10. Intimate moments should remain private. Ask yourself why you feel a need to impress your friends with this information. Do you care more about your friends approval or your "beloved's" feelings?

Name _____ Period _____ Date _____

AM I IN LOVE?

Directions: Answer each question below as honestly as you can. Mark only one answer per question. Total your score as directed.

- | | |
|--|--|
| <p>1. When we fell in love it:</p> <ul style="list-style-type: none">a. happened instantlyb. took a long time (more than six months)c. the other person felt it first <p>2. Our ages are:</p> <ul style="list-style-type: none">a. 5 or more years differenceb. 2 years differencec. the same <p>3. When it comes to religious beliefs:</p> <ul style="list-style-type: none">a. we are different beliefsb. we have no preferencec. the same <p>4. When I see my partner with another member of the opposite sex:</p> <ul style="list-style-type: none">a. I am so jealousb. I worry if my love still loves mec. I don't care-I trust them <p>5. During our times together:</p> <ul style="list-style-type: none">a. we like to do completely different thingsb. we don't do that much togetherc. we enjoy doing the same things <p>6. If I could, I would:</p> <ul style="list-style-type: none">a. marry this person todayb. not want to marry this personc. wait to go to school so I can help support the family | <p>7. About school:</p> <ul style="list-style-type: none">a. we don't discuss grades or assignmentsb. one works for good grades and the other doesn'tc. we both try to get good grades <p>8. I find myself:</p> <ul style="list-style-type: none">a. thinking of this person all of the timeb. wishing I were out of the relationshipc. not letting the relationship run my life <p>9. I like:</p> <ul style="list-style-type: none">a. my partner to buy me thingsb. my partner to take me placesc. just to be with him/her <p>10. It's important that:</p> <ul style="list-style-type: none">a. my partner looks goodb. my partner is well likedc. my partner respects me <p>11. My partner:</p> <ul style="list-style-type: none">a. wants me to look goodb. wants me to be popularc. doesn't care how I look or if I am popular <p>12. Most of the time:</p> <ul style="list-style-type: none">a. my partner embarrasses me in front of my friendsb. I feel inferior to my partnerc. my partner brings out my best qualities |
|--|--|

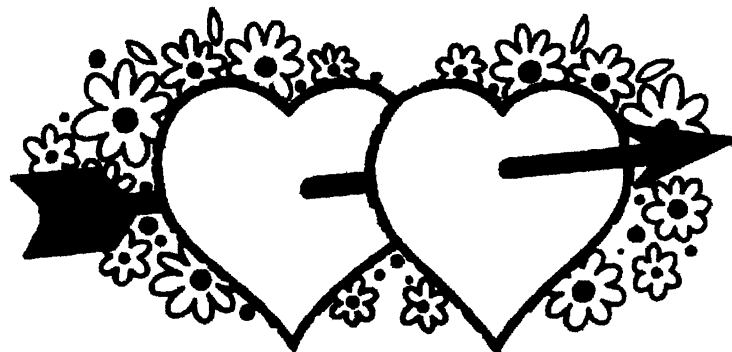
AM I IN LOVE? - Page 2

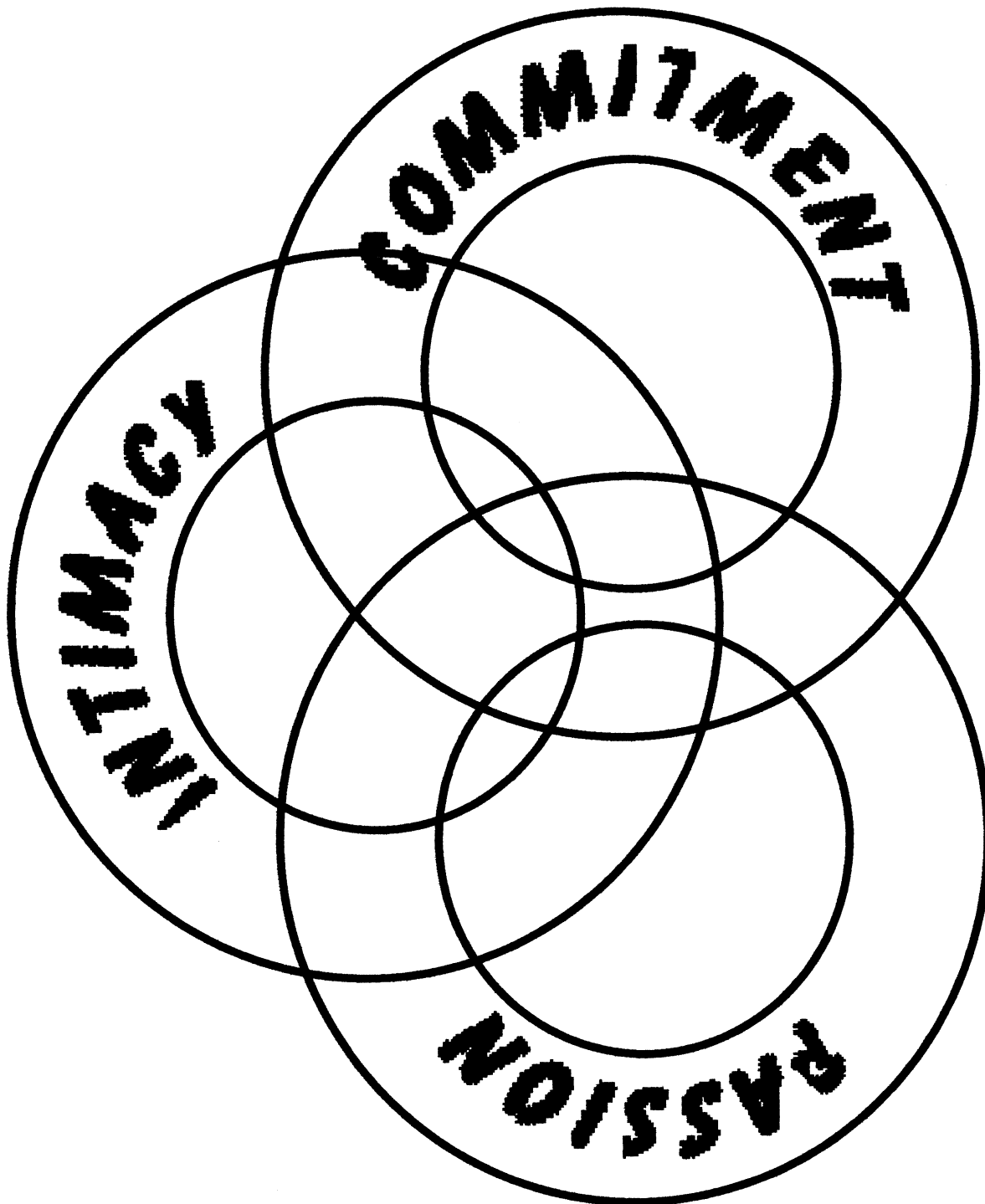
- | | |
|---|--|
| <p>13. If my partner writes love letters to me:</p> <ul style="list-style-type: none">a. I show it to my best friendb. show my parentsc. don't show it to anyone <p>14. I feel that:</p> <ul style="list-style-type: none">a. in order to fit in, you have to have a boyfriend or girlfriendb. you're nothing without lovec. if love happens, it happens <p>15. Our friends are:</p> <ul style="list-style-type: none">a. not any of the same peopleb. a few of the same peoplec. most of the same people <p>16. If my friends didn't like my partner:</p> <ul style="list-style-type: none">a. I wouldn't careb. I'd drop my partnerc. I'd examine why they didn't | <p>17. My partner:</p> <ul style="list-style-type: none">a. wants me to prove my loveb. is only interested in the physical aspects of lovec. respects me and my feelings <p>18. I like to:</p> <ul style="list-style-type: none">a. get away from my partnerb. plan what we doc. do things for my partner <p>19. My partner</p> <ul style="list-style-type: none">a. scares me with his/her temperb. gets quiet when angryc. is willing to discuss disagreements <p>20. When my partner is around his/her parents:</p> <ul style="list-style-type: none">a. he/she is disrespectfulb. he/she tries to avoid parentsc. he/she is respectful |
|---|--|

Score your test by adding the letters as follows: a=1 point b=2 points, c= 3 points.

50-60 = On your way to true love
39-49 = Your relationship needs improving
38 and below = Infatuation!

My Score: _____





Name _____ Period _____ Date _____

THE THREE COMPONENTS OF RELATIONSHIPS

Directions: Fill in the definitions of the three components of relationships and for each senerio below, identify the components present in each relationship by circling them.

Intimacy: _____

Passion: _____

Commitment: _____

1. Jason and Heather have been going out for about 3 months. They tell each other things that they find hard to tell just anyone. Heather hasn't kissed any other boy but Jason and she is madly in love with him. Jason doesn't tell Heather, but he is seeing another girl.

Intimacy Passion Commitment

2. My grandparents have been married for about 45 years. Grandpa does his thing and grandma does hers. They live in the same house but lead separate lives.

Intimacy Passion Commitment

3. Mario and Jose have been friends since kindergarten. They have always confided in each other and have told each other things that they wouldn't tell their parents.

Intimacy Passion Commitment

4. My parents embarrass me at times. They have been married for about 16 years and are always hugging and kissing each other. Yuk! I must admit that they not only are husband and wife, but they seem like best friends. They talk things through. Many of my friends don't have parents that are as devoted to each other.

Intimacy Passion Commitment

5. Mark and I have been "going out" for about 6 months. I can tell him things that I can't tell even my best friend Tiffany. I don't see any other guys and feel a loyalty to Mark, but I don't feel comfortable enough to let him kiss me.

Intimacy Passion Commitment