

The partners in a healthy relationship must believe that two are better than one or unity. Being joined by a mutual desire to have a healthy relationship, the life c

## **TRADITION I.**

**ASK**

1. What exactly is meant by unity?
2. Why is unity so important to a healthy relationship?
3. How does prejudice-narrowmindedness affect unity with others?
4. How important is open-mindedness in a relationship?
5. Are you more a "giver" or a "taker" in your relationship?
6. Do you have a balance in your relationship avoiding extremes?
7. Do you use silence as a refuge or punishment while expecting others to react?
8. Have you defined your needs in the relationship and openly discussed them?
9. Can you be flexible in matters of what you want in a situation or what you can give?
10. Can you accept others as they are?
11. How do fights, arguments and controversy affect the unity of a relationship?
12. Are you honest or self-deceived by your own thoughts and actions in the relationship?
13. How does stubbornness affect your relationship and its unity?
14. How healthy are your current relationships?
15. What action can you take to change your feelings about something or someone?
16. In your current relationships, what can you do personally to promote more unity?