

## **Nurturing Relationships – 1**

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What the session was about:

The session was about understanding all the diverse kinds of human relationships we have in our life, and how to interpret, manage, and maintain them. It also discussed expectations and feelings that arise when in a relationship.

What I liked about the session:

- I really liked the interactive part of today's session, which let us think about our notions of relationships.
- The chat section was being read and included in the discussion as well, which I liked. It was a multitude of people with different opinions, points of view and experiences.

What I did not like about the session:

- Nothing particular, but the session could have been a little faster. That might have compromised the level of interaction though, so it is fine.

My takeaways from the session:

I got to learn about the different viewpoints that people have about relationships and got to think more about MY thoughts on relationships as well, which is not something that I would have stopped to think about otherwise. The thoughts shared about expectations in relationships were interesting as well. The comments were quite varied, giving an idea of how people perceive certain things differently. One person said it is not right to expect everything from anyone other than parents, while others pointed out that expectations in any kind of relationship are implicit. I agree

with the fact that expecting anything from someone without even knowing what they want, and if they want to fulfil our expectations, it is unfair. The discussion on justifying feelings was intriguing too.