

Module 1

Unclear about something? Discuss with your fellow peers in the discussion board!

Here are some of the important concepts that we've covered in Module 1.

Why do people get involved in relationships? ♥

We are interested in relationships because they are important in our lives.

Key question: **Why do people want relationships?**

The key idea is needs.

There are different categories of needs:



Physical: Can be survival, material, and physical resources (i.e. food, shelter, comfort, etc.)

Psychological: Interpersonal needs (i.e. Security, attachment, affiliation, intimacy, etc.)

Social: (i.e. Connections with others, status, identity, etc.)

Existential/Spiritual: Personal/being needs; Needs that pertain to the whole person or being (i.e. Happiness, spiritual meaning, etc.)

Human beings get involved in relationships in order to address or satisfy some of these needs. The maintenance of a successful relationship often depends on the ability to identify your own needs.