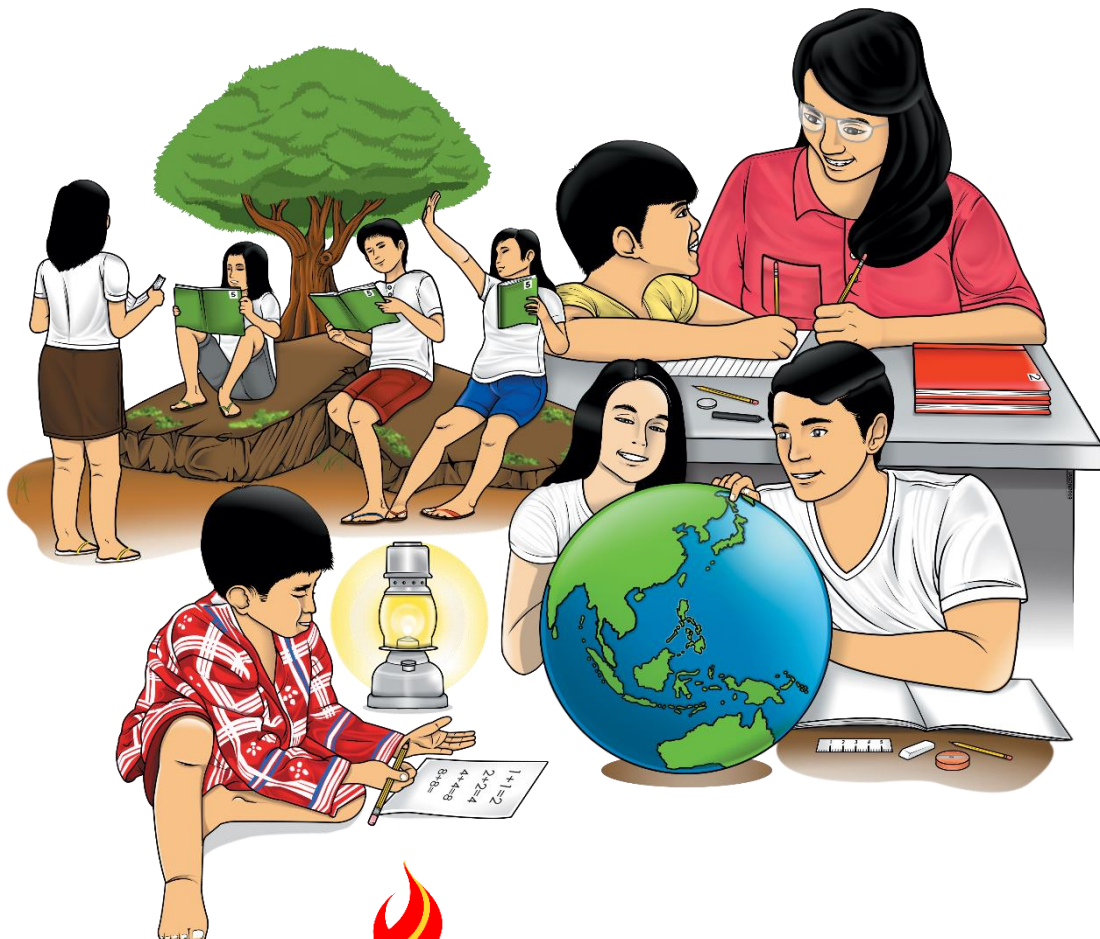


Senior High School

Personal Development

Quarter 2 – Module 3: Becoming Responsible in Personal Relationships



**Personal Development
Alternative Delivery Mode
Quarter 2 – Module 3: Becoming Responsible in Personal Relationships
First Edition, 2021**

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Published by the Department of Education
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Undersecretary: Diosdado M. San Antonio

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Printed in the Philippines by _____

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Senior High School

Personal Development

Quarter 2 – Module 3:

Becoming Responsible in Personal Relationships

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

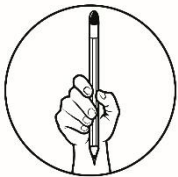


What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature of Personal Development. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The lesson in this module is about Becoming Adolescent in a Relationship. After going through this module, you are expected to:

1. identify ways to become responsible in a relationship;
2. state the importance of becoming responsible in a relationship.



What I Know

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Below are the three kinds of personal relationships **EXCEPT** one.
 - a. gang
 - b. family
 - c. friends
 - d. partnerships
2. What item shows the importance of relationships?
 - a. It provides food and shelter.
 - b. It assists one in his/her job.
 - c. It gives one sense of belongingness.
 - d. It increases one's enthusiasm towards work.
3. What is meant by having quality time with your loved ones?
 - a. having cheerful moments with your friends
 - b. having serious arguments with your parents
 - c. eating dinner with the complete family members
 - d. spending a day with the family members in the mall

4. What is meant by being responsible in a relationship?
 - a. taking turns to do household chores
 - b. taking your duty religiously and seriously
 - c. taking advantage of the kindness of the other party
 - d. taking your responsibility to keep the relationship healthy

5. What is meant by a sense of security in a relationship?
 - a. being able to own a property
 - b. being able to secure all important things
 - c. being able to know you have someone to rely on
 - d. being able to feel that you have to someone to protect you

6. What is meant by a sense of reliability in a relationship?
 - a. knowing that there is someone to blame you
 - b. knowing that there is someone to do things for you
 - c. knowing that there is someone whom you can rely on
 - d. knowing that there is someone who can protect you against trouble

7. What item does **NOT** show well-communicated love?
 - a. thumbs up to a boy who hit a homerun
 - b. a cheer to the performance of a young girl
 - c. a woman scolding her daughter in front of the cashier
 - d. a man putting a coat to the old woman seated on a bench

8. What statement does **NOT** show that a person is a good listener?
 - a. He/She puts earphones on.
 - b. He/She gives the person a hug.
 - c. He/She willingly shared his/her point of view.
 - d. He/She discusses his/her previous experience.

9. Below are the things that comprise trust **EXCEPT** one.
 - a. love
 - b. honesty
 - c. interrogation
 - d. encouragement

10. What is likely to happen when one person consistently receives someone's trust?
 - a. He/she will hate him/herself more.
 - b. He/she will love him/herself more.
 - c. He/she will demonstrate unpleasant behaviour.
 - d. He/she will be confident in whatever thing he/she does.

11. What is meant by non-judgmental listening?
 - a. reacting violently over the issue
 - b. keeping what was shared a secret
 - c. keeping your mouth shut the whole time
 - d. getting the point of view of the person sharing

12. What is meant by commitment in a relationship?
 - a. forgetting your own identify
 - b. offering yourself to the relationship
 - c. insisting someone to offer him/herself in a relationship
 - d. making the other party comfortable in the relationship

13. How can you show you value your relationship?
 - a. I will consider the feelings of my loved ones.
 - b. I will consider the benefit I get from everyone.
 - c. I will forget the kindness of the people around me.
 - d. I will take good care of my loved ones when they are sick.

14. What statements do **NOT** give the importance of relationships?
 - a. Help one be decisive.
 - b. Help one sees his/her potentials.
 - c. Help one boost his/her confidence.
 - d. Help one to have a sense of direction.

15. How significant is one's understanding about the importance of a relationship in his/her life?
 - a. It will help him/her value his/her identity and capabilities.
 - b. It will help him/her see his/her future problems and avoid them.
 - c. It will help him/her evaluate his/her relationships with his/her loved ones.
 - d. It will help him/her create means of communication with his/her loved ones.

Lesson

3

Personal Development: Personal Relationships – Identify ways to become responsible in a relationship

Everyone has the chance to be responsible being involve in any form of relationship. It is one of the inevitable things in the world. People seek love, concern, compassion, sympathy of other people essential for them to overcome challenges in life and to have sense of belongingness.

People also find it awesome when they show the same feelings they receive from others. Having someone to share your life success and/or agonies in life may add joy or give relief to one's life like friends do. However, it may also bring people to a difficult situation. Thus, learning the art of committing oneself to other people is as essential as learning to know oneself.

This lesson aims to make you create a more joyful and fruitful relationship with others. You are expected to understand the essential ways of becoming responsible in a relationship. Thus, you are also expected to have a successful relationship with others through a better way of communication and interaction with someone dear to you.



What's In

Let us find how well you learned from the previous lesson. Arrange the jumbled letters to form a meaningful word in each item below. You may write your answer on the space provided for.

1. A person obliged him/herself to dedicate his/her time to someone or in doing something.

_____ M N C O I T M E T M

2. It is the feeling or state of liking or falling for someone or something that provided pleasure on your part.

_____ R T A T C A T N O I -

3. It is the act of being very familiar or a special kind of attachment with the company of someone.

_____ Y C M A T I N I -

4. It is a sort of arrangement between two people sharing the same feelings and responsibility.

_____ P A E S R T R N I H P

5. It is an abstract thing that is meant to be shown through different means and is one of the key elements in any kind of relationship.

_____ O L V E



Notes to the Teacher

As facilitator kindly ask the learner to pick at least two words from the given items above that he/she wants to expound.



What's New

Let us try to test your wisdom on how well you manage to become responsible in handling your relationship with the people around you. Kindly read each of the situations and give your thoughts.

Situation 1: Conflict with the Parents

You had an agreement with your parents that you would finish senior high school without engaging in a relationship. However, you fell in love with this guy/girl that made you more inspired to study hard and make a lot of achievements. How will you handle this kind of situation?

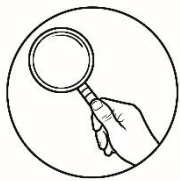
Situation 2: Conflict with your best friend *(Choose the situation applicable to you/your gender)*

You were courted by a varsity player who is so popular in your school. You are also aware that he is your best friend's long-time crush. How would you keep the friendship without sacrificing your own happiness?

You are courting a student who is not so popular in your school. You know well that your friends will mock her for she is not their type. Though you found her so important and very special to you. How would you make your friends accept her as your special someone?

Situation 3: Conflict with your Significant Other

You work with your friends on your research paper. Most of the time you are with your girl/boyfriend. Your actions and words are so familiar with each other that is why you get along with each other so easily and work well too without any difficult feelings except when your girlfriend/boyfriend expresses jealousy over your friend. How would you help build confidence and trust in your relationship so that you both surpass this problem?



What is It

Importance of Relationship

In module 17, you have clearly understood the three different kinds of relationships Family, Friends and Partnerships. This time you will focus on making yourself a better person in any and every relationship you have.

Try to go over with your answers with the situations given in *What's New*. You might have noticed how you tried to consider other people in dealing with the scenarios before coming up with a decision. If that's how you did the activity, you should be proud of yourself for you clearly manifest the trait of a person valuing the importance of relationships.

Valuing the feelings of our family, friends, and partner or significant other can only be evident if we open our eyes to realize the importance of that relationship. Now, the question lies with 'How do we see the importance of relationships?'

The significance of any relationship can never be realized if we cannot see the beauty that it brings in our lives. The moment we realize how relationships actually shape us as a person is the moment that we realize the importance of relationships in our interactions and behavior.

Some of the importance of relationships are:

1. **Lead us to make healthy relationships.** All kinds of relationships can give you the opportunities to establish a stronger relationship with your shared experiences and feelings with your loved ones.
2. **Help us see our potential.** People who love you will always see the wonderful things in you. Through this loving and supportive atmosphere, you little by little grow as a person, seeing your worth with your capabilities and unique gift and talent.

3. **Boost our confidence.** It makes you feel you're the luckiest person in the world whenever someone trusts you sufficiently enough. It makes your spirit enthusiastic and gives you the delightful feeling of self-assurance.
4. **Give you a sense of direction.** The idea and feeling of sense of belongingness is such a great source of direction. If you care to give yourself the reward of having a good life and reputation, you will absolutely do more for the people you dearly love.
5. **Clear our life goals and aspirations.** Relationships will help you focus on one goal and concentrate in achieving it because as the sun sets you know you have someone whom you can pleasingly offer and share the blissful feeling of a victorious life with.
6. **Build a beautiful person within you.** Having all the positive attitudes towards life and oneself can really create a good aura. Portraying good personalities can even make you appear and feel young and lovely.

Now that you are aware of the good things you get out from being in a relationship, this time get yourself hooked with our discussion on how you can push yourself to be responsible in your own relationships with your loved ones.

Becoming Responsible in a Relationship

When you are in a relationship, you share your experiences and feelings to help your relationship to grow. However, there are cases that these experiences may tend to break the relationship if you fail to triumphantly surpass the tests in your relationships. A sense of responsibility in taking care of your own relationship can only be established when you realize the boundaries and limitations of your role and influence in various relationships.

In this complicated world where you may tend to be disarrayed from a healthy relationship, you can only buckle yourself up with the essential keys on becoming responsible in any form of our relationships before muddling into serious problems like unwholesome arguments and/or ugly separation. Read and study carefully the six major elements of becoming a responsible person in a relationship.

6 Major Elements of Becoming Responsible in a Relationship

These six elements of becoming responsible in any form of relationship will make you gain and maintain a stronger relationship with your family, friends, and special someone.

1. Mutual Respect

Lack of respect absolutely brings people to an unpleasant environment and pushes people from respecting one another and themselves, too.

Establishing mutual respect is easier when one is guided by the virtue of the Golden Rule once uttered by Jesus of Nazareth explicitly stated in

Matthew 7:12 which has direct English Translation “*Do unto others what you would want others to do unto you.*” This may be simply interpreted by the famous line “*Respect begets respect*”.

This line means a person shall not trespass in his rights or put someone down when he/she is wrong. We certainly know how well we should respect people but whenever we are in a relationship. We tend to forget that constant nagging, scolding and blaming are equal to humiliating someone and equates to disrespecting him/her.

It is essential to consider this So in order for us to gain respect from our loved ones or vice versa, we should instead use encouraging words and learn the art of acceptance to someone’s unique personality or traits and lastly practice the principle of forgive and forget.

2. Value Quality Time

Having time for fun will absolutely help you create more memories worth treasuring. Quality time with your loved ones may mean learning to love them more. Contradictory to what we usually think it is not the quantity of time you spend with your loved ones that matters but the quality you spend with them. For example, having a minute of a heart-warming talk or making fond memories with your kids that is more valuable than having a whole day of arguing with them.

For instance, in a family, each member should learn to take serious matters in a separate occasion and spend precious moments with one another creating good memories together. These memories will serve as their investment for the future. The time that they spend together will surely have a positive impact on their relationship as a family.

For a group of people to have some quality time, each of them must have a very optimistic aura and jolly personality. Jolly personality is always and obviously appreciated by most of the people. Optimistic point of view is really captivating and can drive someone to be a better person, too. Being a better individual means having a good perspective and that is able to make sound decisions.

Though others may consider different means of spending quality time with others as sitting quietly together while watching the sunset or reading their favorite novel together over a cup of coffee, as well.

Optimism and jolliness can surely nurture anyone’s relationship and turn it to be the best gift one could ever receive in his/her lifetime.

3. Trust and Honesty

Every person deserves to be trusted by someone dear to them particularly by family, friends, and significant other. It is through genuine trust that person feels a sense of belongingness and a feeling of being loved.

The person who consistently receives someone’s trust will definitely grow trusting him/herself based on how others trust him/her. Indeed, positive encouragement may create a positive outlook in life.

Trust is the heart of all relationships, and because of its presence, other things follow like confidence, loyalty, and most of all honesty.

However, for one to completely trust and be trusted, you must realize that the first step towards it is honesty. Trust is earned as they say, but we should also remember that it is not easy to be honest when you know that no one trusts you. So, in order to keep someone's honesty, we should be ready to trust him/her first, as no one would love to be in a relationship without trust and honesty. Keep in mind that trust will not be visible without honesty, as honesty shall not come without trust.

4. Well-Communicated Love

Love we felt may certainly start any form of relationship. However, it is not the thing that can keep it. Love is just a feeling. What really keeps any relationship is the love that is well-communicated.

Open communication is one of the most essential elements for any kind of relationship to keep it going. How can we say that our love is well-communicated? A tap on a shoulder, a kiss on a cheek, a very encouraging smile, a simple hug, may just be some of the most genuine and sincerest ways of expressing your love towards one another.

Means of showing well-communicated love may seem to be very simple for everyone, but in reality, it requires lot of effort. It is not easy to consistently cheer someone up when you yourself are having a hard time. Though, that thing per se can make your actions look so genuine and worthy of being cherished.

5. Reliability and Security

Each one of us dearly loves to have somebody whom we can depend on and who will guarantee to protect us from any harm or trouble at any circumstance.

This virtue teaches everyone the value of recognizing someone's imperfections that he/she is ready to extend him/herself to the person. This act of kindness will definitely foster a sense of connection, security, and relief.

A hand that is ready to help would definitely make someone feel he/she is well-taken care of by someone. This feeling would also develop a sense of responsibility since he/she would be aware of his/her attitude and behavior for he/she is being looked upon.

As this affection consistently and mutually exists in both parties, a stronger relationship might start to develop.

6. Non-judgmental Listening and Presence

Who among us would like to be in a company of people who do not have the heart to listen and give us a chance to explain our sides first? Most people would find this situation totally unfair.

You may have noticed that there are people who certainly give up in a relationship for having a difficult kind of feeling, because of being judged for whatever their past mistakes.

In order to avoid this, listening is the key factor that makes communication prosper. Sincere listening is also a kind of expressing how genuine you communicate your love and affection to someone special to you.

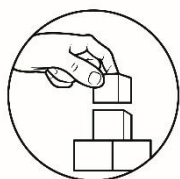
Listening with a high value of integrity indicates your presence which is non-judgmental and not discriminatory.

If we desire to have a stronger relationship with anyone, we should have the characteristic of a good listener. Being a good listener helps one to become a good adviser for he/she could easily discern pieces of advice that could alleviate someone's feelings. After sharing your thoughts and experience to someone close to you, you will definitely feel unburdened as if a heavy stone was lifted from your chest. The weight of your anxiety, worries, and doubts could diminish just simply by having someone to listen to you without judgment and prejudice.

This kind of experience will precisely increase your tendency to reciprocate the love, trust, honesty, and sense of encouragement, reliability, and security toward another.

No matter what words we use to express the key factors that will make a healthy relationship, do not forget that it always takes two to tango. For a relationship to grow and become successful, parties involved should take their own sets of responsibility.

Remember that being and choosing to be part of any relationship by any circumstance requires commitment. Committing oneself means offering the best version of yourself while still learning to accept and wait till the other party will be able to do the same.



What's More

Activity 1.1 Understanding Ways to Become Responsible in a Relationships Sentence Completion











Complete the sentence to define the words from your own understanding.

1. Mutual respect pertains to _____
2. Well-communicated love is _____
3. Being responsible in a relationship means _____
4. Quality time for me is having _____
5. Sense of Reliability for me is having _____











Activity 1.2 Thumbs Up, Thumbs Down

Evaluate each expression as to whether they will contribute to building good and strong relationships between individuals. Circle the thumbs up if you agree with the statement in each item and thumbs down if you disagree. Explain your thoughts to the facilitator after answering the survey.











Parent-Child Relationship

		1. <i>“Remember that you are loved for whoever and whatever you become.”</i>
		2. <i>“If you don’t succeed you will not get what you want from us.”</i>
		3. <i>“You are such a big dismay to this family.”</i>
		4. <i>“Thank you so much for trying to make us proud.”</i>
		5. <i>“Sorry If I have disappointed you.”</i>

Friendship

		6. <i>“Always remember that no matter what happens, we will always have each other’s back.”</i>
		7. <i>“Sorry I didn’t mean what I said.”</i>
		8. <i>“Let us go through this together.”</i>
		9. <i>“It’s not my fault, it’s all yours.”</i>
		10. <i>“You don’t need to be so sorry. People do really make mistakes.”</i>

Couple

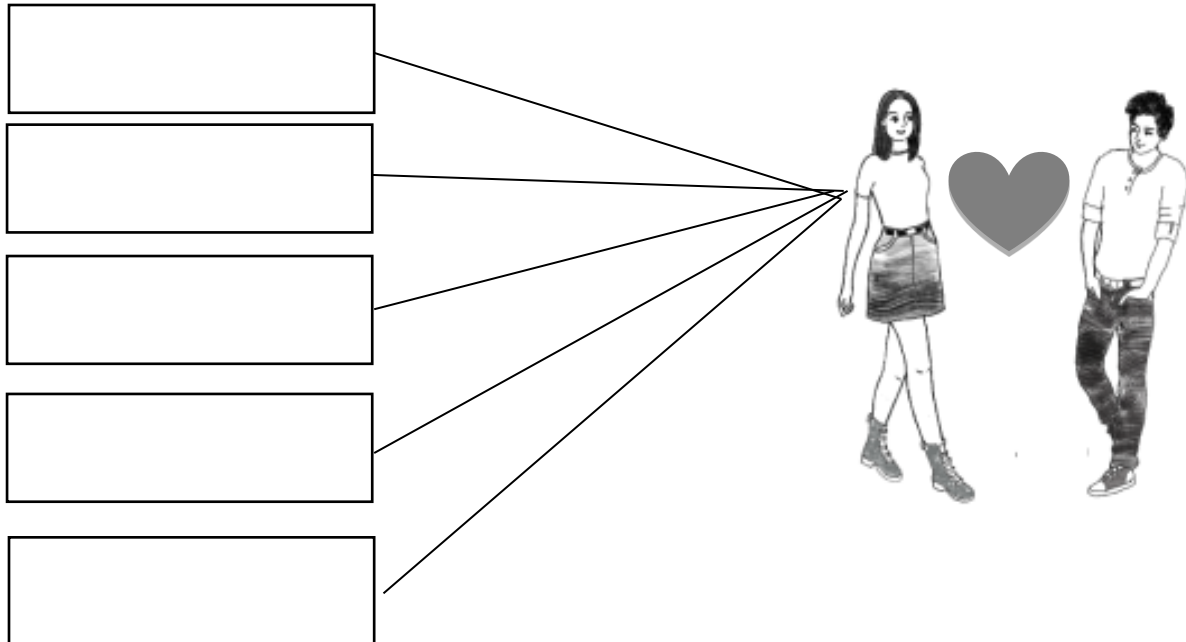
		11. <i>“You know I’m good at this, so let me handle this.”</i>
		12. <i>“Let us trust each other and do what we have to do.”</i>
		13. <i>“You have exhausted yourself honey, take a rest for a while.”</i>
		14. <i>“You have to thank me for I have always saved you from your mess.”</i>
		15. <i>“Sorry for my imperfections and thank you for accepting them with all your heart.”</i>

Guide Questions

1. What made you decide to mark some statements with thumbs up?
2. How did you find your ideas about expressions to build and keep a strong relationship?
3. What have you discovered regarding your point of view about expressions to build and keep a strong relationship?
4. How can you connect your personal experience regarding these words?

Activity 1.3 The List of Five

If you are to name five essential keys to become responsible in a relationship, what values or personalities would you include to draw your own concept of being responsible? Write them inside each box, then explain your conceptual paradigm using the guide questions below.



The diagram consists of five empty rectangular boxes stacked vertically on the left side. Five lines radiate from the right side of these boxes, converging towards a central illustration. The illustration depicts a young woman on the left and a young man on the right, standing and facing each other. A large, solid grey heart is positioned between them, symbolizing a relationship.

Guide Questions

1. Why did you choose the values you have given above? How can these values help one person become responsible in a relationship?

1. _____



What I Have Learned

Now that you have completed reading the module and answering all the activities you are now to sum up all the things you've learned through the following activities.

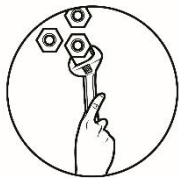
Activity 1: Fill the blanks.

Try to complete each statement by giving the exact feelings you have that will suit to complete the idea in each line.

- a. Being responsible in a relationship makes me _____.
- b. A person will become responsible if he/she is _____.
- c. Valuing our relationship with our loved ones will make us _____.

Activity 2: Promise Me One thing

With what I have gained from this module I promise to



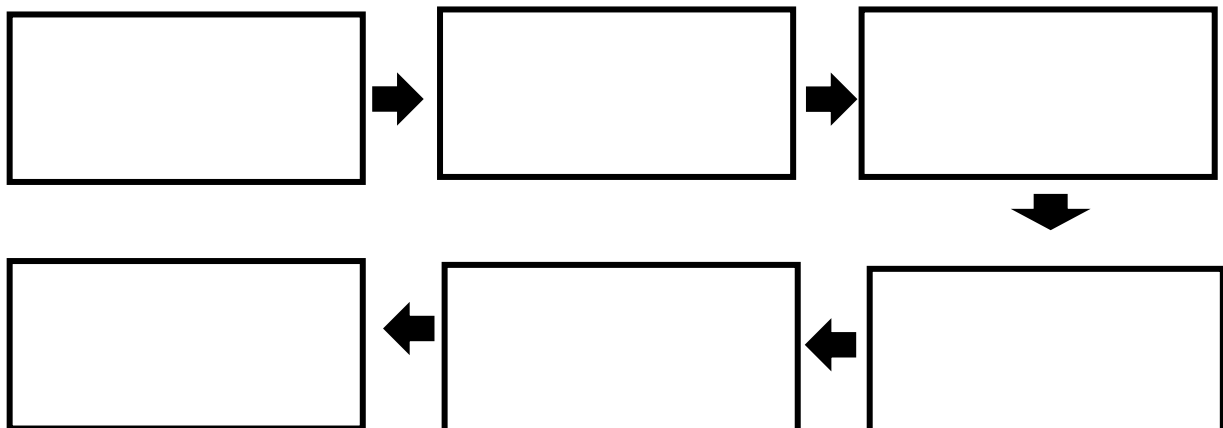
What I Can Do

You are absolutely looking forward to having a good and harmonious relationship with your family, friends, and significant other. Remember that you must have open communication with each other.

Since you have understood the essentials of building strong relationships with others, you are encouraged to express your apology and appreciation towards someone who is dearest to you. He/she may be your parent, best friend or boy/girlfriend.

You are to specifically make a flowchart on how you can build a stronger relationship by having open communication with your loved ones.

In your flow chart you are to list the most essential means for you to do it. Kindly use the template below.





Assessment

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What is likely to happen when two people shared mutual love? Their relationship will_____.
 - a. grow in numbers alone
 - b. be pleasing
 - c. for everybody grow and become stronger
 - d. be broken and get separated

2. What personality does a good and real friend must have to make the relationship stronger?
 - a. envious
 - b. assertive
 - c. assertive gregarious
 - d. compassionate

3. What should a family avoid to maintain the trust in each member?
 - a. affection
 - b. dishonesty
 - c. disagreement
 - d. encouragement

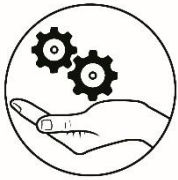
4. What item will **BEST** make a good romantic relationship or partnership to last?
 - a. infidelity
 - b. generosity
 - c. insecurities
 - d. communication

5. What item does **NOT** show a proper way of communicating one's love and affection to someone?
 - a. warm embrace
 - b. frequent nagging
 - c. a tap on a shoulder
 - d. a kiss on the cheek

6. Being a good listener also entails being a good_____.
 - a. adviser
 - b. teacher
 - c. partner
 - d. provider

7. Which statement shows the meaning of “Respect begets respect”?
- You should respect others for them to trust you.
 - You should respect others for them to accept you.
 - You should respect others for them to respect you.
 - You should respect others for them to encourage you.
8. What is likely to be developed by a person when he/she is able to experience the sense of reliability from his/her loved ones?
- He/She will become loyal.
 - He/She will become honest.
 - He/She will become sensible.
 - He/She will become responsible.
9. Which is **NOT** true about having mutual respect?
- Only one party shows respect.
 - It makes the relationship stronger.
 - It develops wholesome relationships.
 - Both parties try to understand one another.
10. How can relationships help you have a sense of direction?
- It helps me reach my own goal.
 - It helps me gain opportunities I need.
 - It helps me aim to share a good life to my loved ones.
 - It helps me project my concentration to the priorities of both.
11. What will be your **BEST** reason for valuing relationships?
- It is the only way to get rid of my bad habits.
 - It is the way to become the best version of myself.
 - It is the first thing to establish connection with everyone.
 - It is the first step for me to become the person I dreamed to be.
12. How important is honesty in any relationship?
- It creates miscommunication between you and your loved ones.
 - It is the only means of making the relationship stronger and firmer.
 - It is like the last piece of the puzzle that makes any relationship complete.
 - It is through one's honesty that he/she gains the trust of his/her loved ones.
13. Why is it important for us to become responsible in our relationships?
- It helps us live a good life.
 - It gives us delightful feelings.
 - It makes us the most important person.
 - It helps us see the beautiful people around us.
14. Why is understanding the value of relationships important for you to study?
- It leads me to assess my own relationship.
 - It leads to re-examine how people deal with me.
 - It leads me to change my values for the sake of others.
 - It leads me to the reality that no relationship is perfect.

15. What things clearly show that one person gives importance to his/her relationship?
- He/She values his/her potential.
 - He/She values his/her reputation.
 - He/She values opportunities he/she receives.
 - He/She values the feelings of his/her loved ones.



Additional Activities

Examine how you are as a person in a certain relationship. Seek the help of your parent/s, friend, or boy/girlfriend. Conduct an interview for you to see how well you partake in making your relationship stronger. Use all the information you have gathered constructively as you build a stronger relationship with your interviewee. Kindly use the interview sheet provided below.

(Interview may also be conducted using varied platforms like video calls, chat via messenger etc. Note: face to face may only be applied with the family members unless they are not living in the same place. Please include a letter to your interviewee as a written consent IF POSSIBLE)

Dear _____,

I am currently completing my requirements to Personal Development one of my subjects in Senior High School. May I conduct an interview with you regarding the questions below. Rest assured that your answer will be taken purely for the completion of my requirements. Thank you.

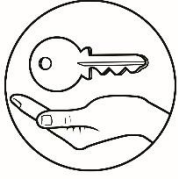
Name of Student

ACKNOWLEDGMENT

This is to give my consent on my participation on the matter stated in your letter. May I be able to take my part in the fulfillment of your requirement on the said course and gave you enlightenment and wisdom that may be of use to you in the future.

Name and Signature of Interviewee

Name of Interviewee: (Optional)	
Relationship:	
1. What word best describes me as a child/friend/boy/girlfriend in terms of my relationship with you?	
2. What makes you feel blessed to have me?	
3. In what situations am I too weak to accept your suggestions or make decisions?	
4. How do I cope with the challenges of our relationship?	
5. What advice would you give me so that I can overcome my weaknesses?	
6. What things do most of the time I fail to understand you as a person/your decision?	
7. What shall I do to extend myself to you during these times?	
8. What should I expect from you as I try to start changing myself to meet your expectations so we could both achieve our goals for this relationship to prosper?	



Answer Key

Assessment	<p>1. c 2. d 3. b 4. d 5. b 6. a 7. c 8. d 9. a 10. c 11. b 12. d 13. a 14. a 15. d</p>
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What's More	<p>Expected/possible answers for Activity 1.1.</p> <p>Mutual respect pertains to same amount of reverence both parties received from one another.</p> <p>Well-communicated love is concern, affection, sympathy, trust and encouragement that are well express and understood by both parties</p> <p>Being responsible in a relationship means doing your own part to keep the relationship growing.</p> <p>Quality time for me is having some fun moments with your love's ones.</p> <p>Sense of reliability for me is having the ability to ease someone's anxieties and worries.</p>
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What I Know	<p>1. a 2. c 3. a 4. d 5. d 6. c 7. c 8. a 9. c 10. d 11. d 12. b 13. a 14. a 15. c</p>
What's In	<p>1. COMMITMENT 2. ATTRACTION 3. INTIMACY 4. PARTNERSHIP 5. LOVE</p>

References

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Top 4 Elements of Strong Family Relationships. Shady Oak Primary School. Retrieved June 8, 2020. <https://shadyoakprimary.com/top-4-elements-of-strong-family-relationships/>

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