
Personal Intimate Relationship Workbook Self Assessments Exercises

workbook - prepare/enrich - 2017 epar- 7. assertiveness. assertiveness is the ability to express your feelings and ask for what you want in the relationship. assertiveness is a valuable communication skill. **couple guide & workbook - return to intimacy** - session 1: marriage exercise week one of . return to intimacy can be especially challenging for couples because it exposes the soft spots in your relationship, but it can also make you aware of your strengths. **exercise: the valued directions worksheet** - © john p. forsyth and georg h. eifert/new harbinger publications 2007 the mindfulness & acceptance workbook for anxiety the valued directions worksheet.pdf **standard 1 role of the health and social care worker** - cis assessment induction workbook -standard one page 2 of 19 standard 1 role of the health and social care worker 1. responsibilities and limits of your relationship with an individual 1.1 know your main responsibilities to an individual you support **standard 7 person centred support - cis-assessment** - cis assessment induction workbook - seven page 2 of 37 standard 7 person centred support 1. promote person centred values in everyday work 1.1 understand how to put person-centred values into practice in your day to day

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