

RIVER OF LIFE

NEEDS AND THEIR FULFILMENT IN RELATIONSHIPS (3rd part)

AIM:

River of Life is a visual-narrative technique that helps participants to tell real stories from their lives. This technique should allow young people to grasp feelings they currently experience as well as feelings triggered by memories of past events. Thanks to this better understanding, they can examine more easily what emotions and needs are linked to particular events, how these emotions and needs influence their behaviour, and how they reflect in their relationships.

The third part aims to enable participants to connect the topic of needs to relationships they build. Following the needs that participants identified within the chosen situations, discuss more generally what a particular need means and what it means to fulfil this need in relationships. What a relationship can be like when a particular need is (not) fulfilled?

TYPE OF ACTIVITY:

deepening activity

TARGET GROUP:

group size: any size

age: 15–25 years

gender: any gender

DURATION:

- ▶ third part introduction: 5 minutes
- ▶ a facilitated discussion using Needs cards: 30–40 minutes (according to the group size)
- ▶ discussion of the third part: 10 minutes

ACCESSIBILITY:

- ▶ introspection
- ▶ discussion

MATERIALS:

- ▶ flipchart papers
- ▶ coloured marker pens, coloured pencils

PROCESS:

Ask participants to think about each need in the context of their relationships, whether partner, friend, or family ones. They may focus on relationships that are currently significant for them. We may ask participants to come back, individually, to the specific moments of their River and think about how a given need would be satisfied in these particular situations. Next, they may communicate their conclusions back to the discussion circle without being too specific.