

RELATIONSHIPS

What is relationship?

It is the way in which two or a group of people behave towards or deal with each other.

In this case we will narrow with the relationship which can either enhance or interfere with you studies in this esteemed University.

INTRODUCTION:

- Chuka University in one of the fastest growing Universities, if it not the fastest .
- Chuka University is the only prophetic public University in Kenya.
- It was said by one residence of this place by the name Jerusha Kanyua in 1951 that “Ndagani (which is the local name of the place where the University sits); will be a mountain where birds will come to from all the world and will go back home happily.”
- It is my sincere hope and prayer that after your studies; you will go home happily.
- Therefore welcome to Chuka University and I assure you that you will never regret for doing your studies here.

TYPES OF RELATIONSHIPS

There are many types of relationships; but in our case we will narrow ourselves to the following:-

1. Family relationships
 - These can be either
 - Nuclear families
 - Single parent families
 - Extended families
2. Authority figures relationships:
 - These are made of people that have some authority over you. Such as:
 - i) Fathers
 - ii) Mothers
 - iii) Teachers / lecturers
 - iv) Spiritual leaders
 - These provide guidance in life.

- Don't rebel or force your way.
3. Acquaintanceships:
- These are also called peer group relationships.
 - Remember that peer influence can either be positive or negative.
 - Choose wisely because bad company ruins good morals.
4. Bent for marriage relationships;
- For these relationships to grow up in the right way; there is a right path and process to firmly followed. It starts with very general relationship; then to engagement and courtship then marriage is done at the right time and there a new family is built.
 - Don't give in or take too much very early.
 - Remember that as a satisfied seed: there is:-
 - Time to prepare the samba
 - Time to plant
 - Time to weed for
 - Time to prone
 - Time to harvest
 - Time to store
 - Time to eat
 - Are you a satisfied seed in this case?
 - What would happen if you don't weed for your relationship?
 - In case you harvest and store you relationship when it is still green can you guess right the result?

THE FOUNDATION OF GOOD RELATIONSHIPS

- Relationships that are good don't happen overnight.
- The following are some of the element of a good foundation:-
 - i) Commitment– which comes on a result of :
 - Patience
 - Perseverance
 - Consistency
 - ii) Win win or compromise.

- This comes as a result of consensus.
 - You have to agree to meet in the middle
- iii) Team spirit
- You are no longer working as an individual
 - What you do will not only be for your own welfare but more less for the other team players.
 - Remember that two are better than one simply because they :-
 - a) Have good returns for their work
 - b) If one fall down his friend can him up.
 - c) They can keep warm:- in this case they can encourage one another.
 - d) They can defend themselves in case of a common challenge.
- iv) Taking responsibility
- No blame –game
- v) Character
- It determines your destiny
 - Learn to say no to everything that is evil.

MAIN PILLARS OF A GOOD RELATIONSHIP:

- Pillars are normally maintained on a good foundation.
- Such pillars are as follows:-
 1. Self-love and awareness or self-appreciation
 - This help to build self-esteem and self-confidence in life.
 2. Self-motivation or passion
 - No being pushed around
 - You are self-driven
 3. Respect
 - Have self-respect and respect others that your partner with.
 4. Honesty and openness
 - This makes one reliable
 5. Faithfulness

- Don't operate behind other people's backs.

6. Forgiveness

- Learn to be sorry and able to forgive others when wronged.

HOW TO BUILD A HEALTHY RELATIONSHIP;

Unhealthy relationship can be very draining. Therefore it's important to build a healthy one.

Below is how you can build one:-

1. Sustain you own identity outside your relationships.
 - Your identity is what you are.
 - Nobody else can be like you and do what you can do.
2. Your relationships are supposed to be with the people that share a common purpose in life.
 - Who you decide with, how do carry it out and where to take it.
3. Maintain strong relationship without fear of conflicts.
 - Conflicts are common in life.
 - Deal with them as they come.
4. Never take advantage of the valnability of your partner or underrate him or her because of the same
 - Nobody misses his or her own weaknesses or strengths.
 - Lets learn to take care of our partners weaknesses and help them to exercise their own strengths
 - This enhances the relationship.
5. Maintain a meaningful emotional connection with each other
 - Make one feel loved.

CONCLUSION

Human beings are wired up as social beings. Therefore it's difficult to assume that you can live in an island of your own. Having Social quotient and practicing it: its importance in life because it enhance Emotional quotient and give it a soft landing in one's life. Therefore learn to relate with others well to be cable to attain your destiny.

Remember this “if you want to go quickly go alone; but if you want to go far, go with another

THE FACILITATOR OF THIS WRITE-UP;

The facilitator of this write up is Rev. Dr. Patrick Mutegi Rindiri. Dr. Patrick is a professional teacher who has an experience of many years of teaching in different levels. He left his active teaching to answer to the call of being a full-time minister of the Gospel. He is presently stationed at Chuka Town where he pastors a Gospel Celebration Church Branch which he founded 23 years ago.

Dr. Patrick is married to Pst. Anestine Mutegi who is a Nurse and a Psychologist he is also a father of three adults; Mercy Mwendu, Rachael Muthoni and Martin Kithinji; and a grandfather to Chris-Levi Jabali. Shalom.