

LOVING



I WILL BE FIRM

(BUT NOT HARSH)

NO MATTER HOW YOU BEHAVE

I WILL BE FAIR

I WILL BE CURIOUS HAVE

EMPATHY & GRACE

I WILL DO THE HARD THINGS

FOR BOTH OF US

White Dog Blue



RELATIONSHIP GOALS

The ultimate goal of every relationship is a genuine, maturing love where both people feel safe, valued, and accepted. It is vital that we learn how to know if a relationship is healthy or not. Healthy relationships begin with openness and trust, but conflict will come as we get to know one another more deeply.

Conflict is normal and can help relationships grow when handled honestly and with wisdom. God, who created us and loves us, provides the guidance we need to build healthy relationships and respond well when hurt occurs.

Healthy relationships include conflict, and how both people respond helps reveal the health of the relationship. Working through conflict helps us mature by understanding our thoughts, feelings, and actions and how they affect others.

We are going to learn 3 steps to Resolving Conflict

- "I was wrong." Taking responsibility for your words and actions.
- "Me forgive them?" Dealing with the hurt others have caused you.
- Evaluate & Re-adjust – Boundaries, Rebuild or Say Goodbye

***This would be best to do with the help and guidance of a trusted adult.

First, we need to take an honest look at our hearts and motives. When we realize we are headed in the wrong direction, we can make a U-turn: recognize it, reflect on why it happened, and choose a better response. As children of God, we grow when we honestly say, "I was wrong," and turn back to His way.

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The next step in resolving conflict is honestly considering how you may have hurt the other person. A genuine apology takes responsibility without excuses or blame and simply says, “I was wrong. Will you forgive me?”

Give the other person time to process and respond in their own way. Even if they do not take responsibility for their actions, you can still choose to forgive and establish healthy boundaries moving forward.

Next is choosing to forgive, even when it feels difficult. True forgiveness does not ignore the hurt or excuse the behavior; it honestly acknowledges the offense, the pain it caused, and your response to it.

Forgiveness requires empathy, grace, and respect. It allows you to release bitterness and move forward in a healthy way.

The third step in resolving conflict is evaluating the relationship. As you grow, you may need to adjust your goals, boundaries, and personal guardrails to protect both yourself and the relationship.

Some situations are clear STOP signs, including abuse, repeated boundary violations, and any immoral or illegal behavior. When a relationship continues to cause harm, it may be necessary to say goodbye—with the support of a trusted adult if needed.

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ANGER VS ACTION

One of the hardest things to deal with, when our dog is not behaving right, is OUR ANGER! It boils up and jumps out of our mouth or body. When we are frustrated because we are not getting the results we want or the actions we expect, things can quickly turn to anger. It takes ACTION to get ACTION, not Anger to get Action!

If you are getting angry, your first action is to:

STOP - BREATH & RELAX - RE-FOCUS & TAKE A MOMENT TO ASSESS THE SITUATION
TAKE A BREAK IF NEEDED - BE FIRM AND FAIR ESTABLISH A NEW PLAN IF NEEDED

NEGLECT & ABUSE

Sadly, many people get dogs unaware of how much time and work it will take to become their loving leaders. We may choose dogs for how they look, the popularity of the breed, or on impulse because we feel bad for them or their situation. This leads to the wrong breed of dog for the persons lifestyle. They may also have life changes that take away their ability to take care of their dog's needs appropriately. These things can lead to neglect and/or abuse.

NEGLECT

If a dog is neglected, it is not getting it's basic needs met. They may not get enough exercise, mental stimulation, training, play, quality time with the family. Or worse, be locked in a space without adequate food, water, space, bedding, etc. Neglect is often due to the human's lack of knowledge, how to appropriately care for their dogs needs. It can be a change in the humans life that has left them unable physically to care for the dog. It may also be a financial issues. The dog may become destructive, aggressive, hide, or run away.

ABUSE

If a dog is abused, it will either shut down or act out. Abuse can be yelling, hitting, kicking, or being too rough. This is an act of a person being reactive. This often happens when the dog does something that is wrong, destructive or harmful. This can be due to the humans lack of action to train, provide appropriate boundaries, and spend time with their dog. It can be because the human did not choose the right breed of dog for their family/lifestyle. Many times it is not about the dog at all. The human is reacting to something negative in their own life, and taking it out on the dog.

What can you do if you know a dog is being neglected and/or abused?

Who could you contact for help? _____

RELATIONSHIP GOALS

1. What is the goal of a healthy relationship?
 - A. Making sure one person always gets their way
 - B. A relationship where both people feel safe, valued, accepted, and respected
 - C. Avoiding every disagreement
 - D. Changing yourself so the other person will like you

2. Is conflict always a sign that a relationship is unhealthy?
 - A. Yes, healthy relationships never have conflict
 - B. Yes, conflict means the relationship should end
 - C. No, conflict is normal, and how people handle it can help a relationship grow
 - D. No, because conflict should always be ignored

3. What does saying "I was wrong" mean when resolving conflict?
 - A. Blaming someone else for what happened
 - B. Taking responsibility for your own words and actions
 - C. Pretending the problem didn't happen
 - D. Expecting the other person to apologize first

4. What does forgiveness mean?
 - A. Saying the hurtful behavior was okay
 - B. Forgetting that anything happened
 - C. Acknowledging the hurt while choosing to release bitterness and move forward in a healthy way
 - D. Allowing someone to continue crossing your boundaries

5. When should you consider changing boundaries or ending a relationship?
 - A. Anytime someone disagrees with you
 - B. When you don't get your way
 - C. When there is ongoing harm, abuse, repeated boundary violations, or immoral or illegal behavior
 - D. Whenever a relationship becomes difficult

ANGER VS ACTION

1. When you become angry because your dog isn't behaving the way you expected, what should you remember?
 - A. Anger will make your dog learn faster
 - B. Getting louder will solve the problem
 - C. It takes action to get action—not anger
 - D. You should punish your dog immediately

2. What should your first action be when you notice yourself becoming angry?
 - A. Yell at your dog
 - B. Stop, breathe, relax, and take a moment to assess the situation
 - C. Keep going until your dog obeys
 - D. Blame your dog for making you angry

3. Which of the following is an example of neglect?
 - A. Taking your dog for a walk and playing together
 - B. Providing training and mental stimulation
 - C. Failing to provide a dog with adequate food, water, exercise, attention, or a safe place to live
 - D. Teaching your dog a new skill

4. Why might a dog experience neglect?
 - A. Humans may lack knowledge about proper care or may experience life or financial changes that make care difficult
 - B. Dogs always cause their own problems
 - C. Dogs don't need much attention
 - D. Training is never necessary

5. Which statement best describes abuse toward a dog?
 - A. Setting clear and fair boundaries
 - B. Taking a break when you are frustrated
 - C. Yelling at, hitting, kicking, or handling a dog too roughly
 - D. Teaching a dog through patience and consistency