

# RELATIONSHIPS WORKBOOK



**NZRP****PA**  
NEW ZEALAND RUGBY PLAYERS ASSOCIATION

**BY THE PLAYERS  
FOR THE GAME.**

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# Important conversations

## Important conversations

At certain times in your life, you are going to have to have some conversations that require you to be courageous.

**Write down some of the times in your life when you have might have to have courageous conversations:**

*[Hint: check out page 106 of EXPAND or page 1 of the individual Relationships section]*

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**Write down two tips you think could be helpful for future important conversations:**

1. 

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2. 

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**Do you think courageous conversations will get easier the more you practise them?** [Circle one] **Yes No**

## Achieving change in people

### Achieving change in people

Life is constantly changing, and sometimes we have to help foster change in ourselves and those around us.

**In order for change to happen where does the motivation needs to come from?** 

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**Complete these sentences:**

**It is hard to get people to change if they are not** 

---

 **in it.**

**In order to get people to change you need to** 

---

 **with them instead of** 

---

 **with them.**

Approaching people to help orchestrate change can require courage and involve some difficult conversations.

### How do we do it?

**Fill in the missing words below:**

- Interact in a respectful 

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- Try to understand 

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When you really try to understand people, they feel it and are more likely to engage and share information they otherwise might not.

**What is one helpful reflection you could use?**

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**Write down one thing to be aware of when you are you trying to understand and empathise with a person's needs:** 

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# Achieving change in people

**To enhance the success of the outcome, you need to what?** \_\_\_\_\_

It needs to be a partnership, so the person you are talking to contributes to the conversation and greatly influences the nature of the discussion.

**How much talking should you aim to do?** \_\_\_\_\_ %

**How much talking should they be doing?** \_\_\_\_\_ %

**Ideally, after you have got them engaged in conversation, what is the outcome you want?**

**What do people have to realise themselves before you can expect them to change?**

**What is the cost v benefit technique?**

**What is a key strategy when discussing anything potentially uncomfortable?**

**Why do you need to ask the person's permission to talk about uncomfortable subjects?**

**What are the benefits from using this key strategy?**

**If they say no, what should you not do?**

**Once you get permission, what sort of question should you begin the conversation with?**

**What should you explore with them?** \_\_\_\_\_

**What are two good questions to ask them?**

1. \_\_\_\_\_

2. \_\_\_\_\_



# Achieving change in people

What are three useful techniques to use during your discussion?

1. **P** \_\_\_\_\_ 2. **D** \_\_\_\_\_ 3. **A** \_\_\_\_\_

How should you end the discussion?

Focus on achieving small things – You don't climb Mt Everest when you first learn to walk!

This is not an easy one and requires some patience.

**Complete the sentence:**

The \_\_\_\_\_ thing that gets done is better than the \_\_\_\_\_ thing that doesn't.

What is change talk?

What are the things in your life you would like to change?

Once you have built a good relationship and got the person talking about the changes that they would like to make, it is important you don't try to persuade them or fix anything yourself.

**Instead of trying to solve things yourself, try asking these seven questions and listen carefully to what the person says next. Read these seven questions and write about the change you want to make in your own life:**

1. Do you want to make this change? \_\_\_\_\_

2. What are three good reasons for making change? \_\_\_\_\_

3. On a scale of zero to 10, how important is it and why? \_\_\_\_\_

4. How might you be able to do it? \_\_\_\_\_

5. What have you already done? \_\_\_\_\_

6. What do you intend to do? \_\_\_\_\_

7. What are you ready or willing to do? \_\_\_\_\_





# Achieving change in people



**Once you've listened carefully and given back a summary of their motivations for change, what is the next question you should ask?** \_\_\_\_\_

People will often suggest very big next steps, which could set them up for failure. In order to change, they need to start with consistent, realistic, achievable steps. Remember it is important not to push

**Ultimately, what matters?**

\_\_\_\_\_

**Instead of pushing, you could plant some seeds by using which techniques?**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Complete these sentences:**

**When trying to help people make changes, it is crucial that we don't offer \_\_\_\_\_ advice.**

**Let them take the \_\_\_\_\_, let them do the work!**

**Remember that, ultimately, we want them \_\_\_\_\_ us what we want to tell them.**

**Create an environment where the \_\_\_\_\_, not you, becomes the primary problem-solver.**

**For whatever reason, they are stuck and are finding it \_\_\_\_\_ to move from a position of 'knowing' to 'doing'.**

**By building a strong \_\_\_\_\_, working in a non-judgemental atmosphere and using a handful of key techniques, we can help \_\_\_\_\_ to uncover solutions to their problems by helping them to make \_\_\_\_\_ of what they likely already know.**

**Not only does this \_\_\_\_\_ the person ('I can solve my own issues'), but it also takes the pressure off the helper as, essentially, they're playing the role of \_\_\_\_\_ by guiding the person towards their own answers.**

# Relationship dynamics

## Relationship dynamics

Going overseas to play rugby or returning home to continue the next phase of your career outside of rugby can provide many changes in roles and circumstances, which can affect your relationships.

## Returning from rugby trips away

**When you return from an overseas rugby trip, do you do your fair share of chores?** [Circle one] **Yes No**

**What are three things other players have found helpful for transitioning home?** [Hint: check out page 111 of EXPAND or page 6 of the individual Relationships section]

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Going overseas

**Name three things you'll find different from playing in New Zealand when playing overseas:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**List four tips for playing overseas:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



# Making relationships work

## Making relationships work

### Post-rugby careers

**What sort of feelings could you experience when your rugby career finishes and you decide to concentrate on another career?** [Hint: check out page 112 of EXPAND or page 7 of the individual Relationships section]

\_\_\_\_\_

**If you are struggling with managing your emotions, where can you get help?**

\_\_\_\_\_

# Making relationships work

What are two ways you can reduce the stress that can be caused by changing careers?

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Who else do you need to consider, who also might want to engage in a new career?

---

There can be a period of uncertainty so what is it useful to do?

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How long do some players say it takes to fully transition out of the game?

---

What are not good options to use as coping strategies to fill the space that rugby filled?

---

What is the NZRPA Rugby Club? \_\_\_\_\_

How do you get more information about the NZRPA Rugby Club? \_\_\_\_\_

## The rollercoaster ride

Why can relationships be compared to a rollercoaster? *[Hint: check out page 113 of EXPAND or page 8 of the individual Relationships section]*

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## Making a long-term commitment

What is it important to remember when making a long-term commitment to someone?

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## Building good foundations

What is the honeymoon period in a relationship? \_\_\_\_\_

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How long is the honeymoon timeframe in a relationship? \_\_\_\_\_ months

Should you ignore red flags early in a relationship? [Circle one] **Yes** **No**

Why do you think it is important to have a solid foundation in a relationship?

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# Types of relationships

**A healthy relationship looks like:** *[Hint: check out page 114 of EXPAND or page 9 of the individual Relationships section]*

**List three important factors for a healthy relationship:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**An unhealthy relationship looks like:**

**List three factors that could appear in an unhealthy relationship:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**An abusive relationship looks like:**

**List three factors that could appear in an unhealthy relationship:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What should you do if your relationship has red flags?**

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**What factors can contribute to you falling out of love or like with a partner?**

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**What does it take to get a relationship back on track?** \_\_\_\_\_

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**What can couples' counselling do for couples?** \_\_\_\_\_

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# 15 keys to a successful relationship

## 15 keys to a successful relationship

**Write down the 15 keys to a successful relationship:** *[Hint: check out page 115 of EXPAND or page 10 of the individual Relationships section]*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_



# Parenting

## Parenting

Having children will change the dynamics of a relationship as they come with a different set of rewards and stresses. Children can bring so much joy to a relationship, but they also provide different challenges at different ages.

**New borns are dependent on you for what?** *[Hint: check out page 116 of EXPAND or page 11 of the individual Relationships section]* \_\_\_\_\_

**As children get older, they will test their parent's what?** \_\_\_\_\_

**As your children turn into teenagers their ability to challenge what grows?** \_\_\_\_\_

**On the parenting front, what sort of approach will help reduce conflict in your relationship?** \_\_\_\_\_

**What are the 10 tips for maintaining a strong relationship while parenting?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# Dealing with conflict



## Dealing with conflict

Conflict is a part of being in a relationship. However, it is how you deal with it that can make a huge difference to the success of that relationship.

**What were two things that Dr John Gottman encouraged couples to focus on?** *[Hint: check out page 117 of EXPAND or page 12 of the individual Relationships section]*

1. \_\_\_\_\_
2. \_\_\_\_\_

## Strategies for dealing with conflict

**What are the four negative factors Dr John Gottman identified as being most destructive in a relationship? For each factor, write down a tip for helping work through it:**

1. \_\_\_\_\_  
**Tip:** \_\_\_\_\_
2. \_\_\_\_\_  
**Tip:** \_\_\_\_\_
3. \_\_\_\_\_  
**Tip:** \_\_\_\_\_
4. \_\_\_\_\_  
**Tip:** \_\_\_\_\_

Conflict is part of life, and learning how to deal with it in an appropriate manner will enhance your relationship.

# Breaking up

## Breaking up

Despite our best intentions sometimes relationships break down.

**Going through a relationship break-up can be what?** *[Hint: check out page 118 of EXPAND or page 13 of the individual Relationships section]* \_\_\_\_\_

**For some people a relationship break-up can be similar to what?** \_\_\_\_\_

**For others it can be a what?** \_\_\_\_\_ **Or it can be a mixture of what?** \_\_\_\_\_

**It is important to get a good what network during a break-up?** \_\_\_\_\_

**It is also important you seek what?** \_\_\_\_\_

**Who is able to advise you or your ex-partner on any financial subsidies you might receive as a solo parent once you separate?** \_\_\_\_\_

When going through a break-up your body can respond physically and emotionally.

**What physical and emotional responses is it common to experience when going through a break-up?**

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_

It is important to look after yourself.

**What are three strategies you can use to help look after yourself during this time?**

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_

If you are struggling to function in day-to-day life, it is important you seek professional help.

**According to Jennifer Maldonado, what are the seven emotional stages most people go through after a break-up?**

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

**Where can you find a list of helpful numbers?**

\_\_\_\_\_





# Parenting during break-ups & from far away

## Parenting during break-ups & from far away

If there are children involved and no safety issues for any party, try to maintain a healthy relationship for their sake.

**Complete the sentences:** [Hint: check out page 119 of EXPAND or page 14 of the individual Relationships section]



Do not involve them in your \_\_\_\_\_.

Kids are not chess pawns and should be not used as \_\_\_\_\_ of power.

How you \_\_\_\_\_ during the period of separation can leave life-long scars on kids.

Issues that you need to work through like matrimonial \_\_\_\_\_ and financial \_\_\_\_\_ are not children's concerns and should be kept private from them.

Parenting \_\_\_\_\_ can help alleviate tension to ensure all parties know the custody arrangements. These can be done through your \_\_\_\_\_.

Focusing on your children's \_\_\_\_\_ and \_\_\_\_\_ wellbeing should be your top priority.

## Parenting from far away

List the eight strategies that are helpful for parenting from far away (this could be while you are overseas playing rugby):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_





# Parenting during break-ups & from far away

## Co-parenting tips for separated parents

List the eight useful tips for co-parenting for separated parents:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

When don't these tips apply?

\_\_\_\_\_

Where can you get advice on co-parenting safely? \_\_\_\_\_

Where can you find a parenting through separation course?

\_\_\_\_\_

## New relationships

It is a good idea to give yourself some healing time before what? \_\_\_\_\_

\_\_\_\_\_

Counselling is recommended to reduce what? \_\_\_\_\_

\_\_\_\_\_

Subject to the individual, and how you are feeling, what is the recommended time frame you should take off dating after ending a long-term, serious relationship?

\_\_\_\_\_



# Online dating

## Online dating

**Do you use any online dating sites or apps?** [Circle one] **Yes No**

**List three things you should NOT put on your profile:** *[Hint: check out page 122 of EXPAND or page 17 of the individual Relationships section]*

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_

**List six safety tips to use if you decide to meet up with someone you have met online:**

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_ 6. \_\_\_\_\_

**Tick the principles from The Harmful Digital Communications Act 2015 that you were not aware of:**

- ☐ should not disclose sensitive personal facts about an individual
- ☐ should not be threatening, intimidating or menacing
- ☐ should not be grossly offensive to a reasonable person in the position of the affected individual
- ☐ should not be indecent or obscene
- ☐ should not be used to harass an individual
- ☐ should not make a false allegation
- ☐ should not contain a matter that is published in breach of confidence
- ☐ should not incite or encourage anyone to send a message to an individual for the purpose of causing harm to the individual
- ☐ should not incite or encourage an individual to commit suicide
- ☐ should not denigrate an individual by reason of his or her colour, race, ethnic or national origins, religion, gender, sexual orientation or disability

**If you are being bullied or harassed online and would like to report it or need free advice, where can you go?** \_\_\_\_\_

## The Campsite Rule

**What are the six tips for happy campers regarding safe and healthy sex?** *[Hint: check out page 123 of EXPAND or page 17 of the individual Relationships section]*

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_ 6. \_\_\_\_\_



# Consent, the law & safe sex

## Consent, the law and safe sex

Whether you are hooking up with the love of your life or having a one-night stand, consent is key. Remember good consent is about good communication.

**What is consent with regard to having sex?** *[Hint: check out page 124 of EXPAND or page 18 of the individual Relationships section]* \_\_\_\_\_

**Does consent happen the whole way through sex or just at the beginning?**

\_\_\_\_\_

**What are some forms of body language/non-verbal communication that a partner might display in addition to a verbal 'yes' to let you know they are enjoying the intimacy and are into it?**

\_\_\_\_\_

\_\_\_\_\_

## The law and sexual violence

Any unwanted or forced sexual act has a huge impact on the victim. When people have been harmed sexually it can affect their lives for years afterwards, so make sure you are treating all your partners with care and respect.

**Forced sexual acts are classed as what under the law?** \_\_\_\_\_

\_\_\_\_\_

**If you are charged and found guilty, how many years can you go to prison for?** \_\_\_\_\_

\_\_\_\_\_

**Even if you know the person or are in a relationship with them, active consent still has to be what?**

\_\_\_\_\_

**List the six reasons a person is unable to legally consent according to New Zealand law:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## If you have been hurt

**If you have been sexually violated – or suspect that someone you know has been - what should you do?**

\_\_\_\_\_

# Consent, the law & safe sex

List two sites you can go to for more support:

1. \_\_\_\_\_
2. \_\_\_\_\_

## Safe sex

Having sex is one of the most intimate things humans can do, yet we can become shy about asking our partner to practise safe sex.

Why is practising safe sex is important?

\_\_\_\_\_

How can you get a sexually transmitted infection (STI)?

\_\_\_\_\_

What is the best way to protect yourself and your partner from an STI? \_\_\_\_\_

Do all STI's have symptoms? [Circle one] **Yes** **No**

Who do you go and see to be tested and treated for an STI if necessary? \_\_\_\_\_

What does Family Planning offer? \_\_\_\_\_

Don't be shy – look after your health!



# Porn & sex on the internet

## Porn and sex on the internet

**How much of all internet traffic is porn?** [Hint: check out page 125 of EXPAND or page 20 of the individual Relationships section] \_\_\_\_\_%

Sometimes porn has been a key way people have learnt about sex. There are many difference between porn and healthy sex in real life.



**Fill in the gaps on the table:**

Great sex in real life is...	Sex in porn is...
Done _____ the other person.	Done _____ the other person.
About equality, _____ and people having fun together.	A performance, with crazy positions, situations and usually plays on _____ imbalances.
Safe and _____.	Not about talking about what sort of sex the people want or having _____ sex.
At appropriate times when _____ is into it.	Anywhere and everywhere often in _____ situations.
About having a _____ of connection and intimacy – even one-night stands.	Often reduced to being about the _____ pleasure and often the connection between the people having sex is missing.
For people with real _____, hair and all!	Full of giant breasts and penises, _____ hairless bodies and never-ending erections. Porn _____ show what our bodies are like in real life and can create unrealistic expectations.
Always better when there's _____ and communication.	Unrealistic. In porn, _____ particularly for women, are shown as instant, multiple and happening through penetration only. In real life, fewer than _____ % of women will orgasm this way and you need to be able to talk to your partner to learn about their body.
Very varied. In real life, we have to find people who are _____ with us sexually.	Overestimating what 'normal sex' is. Things like threesomes, anal sex and _____ are common in porn, but these are not things most people have tried. Don't assume these are on the menu _____ talking to your partner.

Don't feel bad about watching porn but it can be addictive and have disturbing content, so you need to think about how much you are watching and what you are viewing.

**Ask yourself the following questions:**

- Are the women and men all having fun?
- Does it show meaningful consent?
- Is the content legal? (eg between consenting adults).
- Healthy sex can still involve role playing, but this is different to acts of violence that are not negotiated, safe or consented to. Are you able to tell the difference?
- When you have sex in real life, are you clear that it is not going to be a performance like porn?



If you feel worried about your own porn use, it is ok to ask for help.





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