



## TRACK 4B: CORE COMPETENCIES NEXT STEPS

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### ELECTIVE: THRIVING THROUGH DIFFICULT RELATIONSHIPS by Robin LaGrow

#### **Lesson 1: Defining Components of Difficult Relationships**

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1. Watch the video by Robin LaGrow entitled, "If Only I Had..."

**Completed:**

(continued on next page)

**2. Write a one-page review of the content of lesson one and specifically how each component affected your overall outlook on difficult relationship.**

**3. List three ways you intend to better manage your response to difficulties in relationship.**

**When you've completed the assignment, save this PDF and email it to your coach.**