



**one another**<sup>SM</sup>  
p r o j e c t

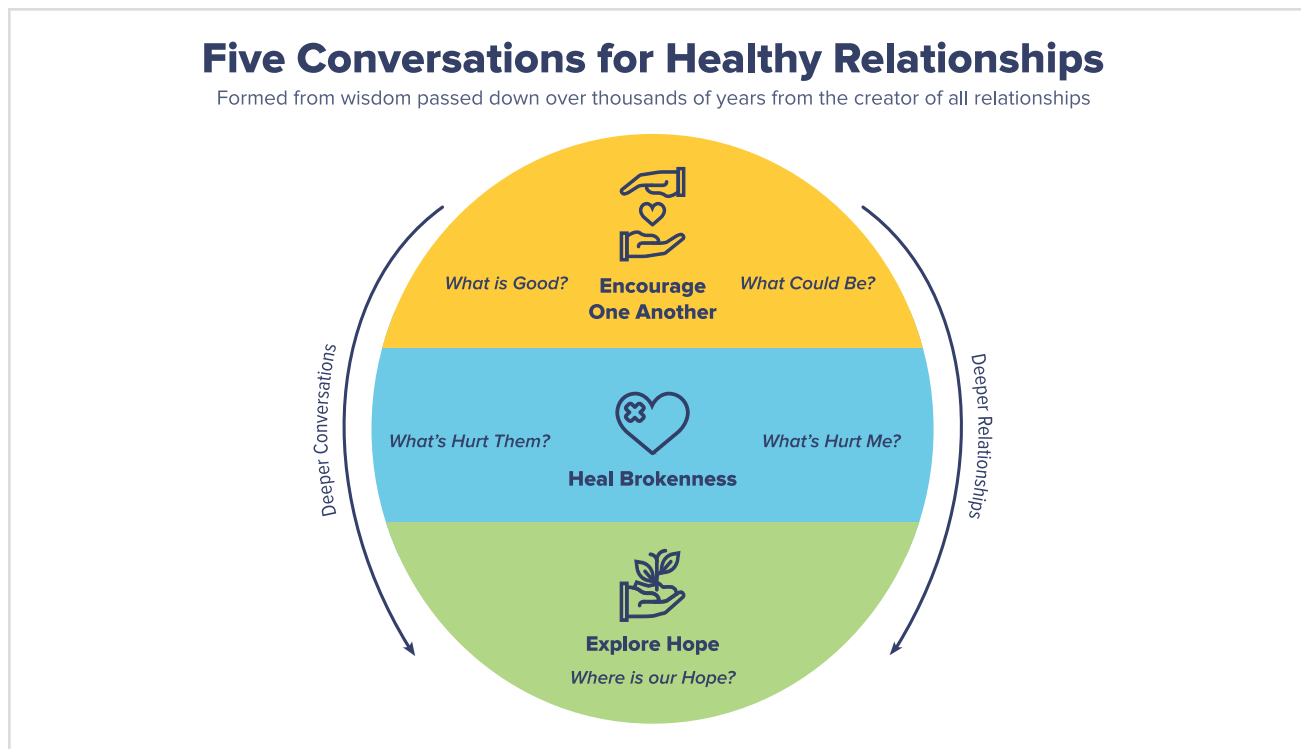
**Five Conversations for Healthy Relationships**  
ON-RAMP QUICK START

*This Quick-start On-Ramp is a short summary of the more detailed On-Ramp e-book. Please see that more complete guide for a deeper understanding of One Another Project and Five Conversations for Healthy Relationships.*

## What You Will Learn

One Another Project is all about the important relationships in your life. Its goal is to help you drive those relationships deeper, to a point of meaningfulness and health.

**This is not a quick fix.** Like healthy bodies, healthy relationships require regular, intentional work. Specifically, they require regular actual, face to face conversations. To accomplish this, One Another Project created a group participation program called Five Conversations for Healthy Relationships.



Five Conversations for Healthy Relationships recognizes that crawling comes before walking and walking before running. The first two conversations happen at the level of the relationship that is most easily addressed. They are all about encouragement: **talking about what is good** and **talking about what could be**. We must get good at these conversations in order to build the trust necessary for the next conversations.

The third and fourth conversations take on the challenges of healing brokenness in the relationship: **talking about what's hurt them** and **talking about what's hurt me**. Learning to say “ouch” when we've been hurt, learning to lean in and talk about the other person's pain, and learning how to apologize and forgive are all parts of these conversations. We must get good at these conversations (reconciliation) in order to create a safe environment for the fifth (and deepest) conversation,

**Talking about where our hope is** takes connections to the deepest level. This gives people a chance to consider what really motivates them to maintain healthier relationships and ways to talk about hope and why it is so meaningful.

Healthy relationships weave in and out of all these conversations. The deeper the conversation, the deeper the relationships. We want to help you do that with the important relationships in your life.

## How You Will Learn

### **FREE, OPEN DISCUSSION**

People learn when they talk. In your group, you will watch a short video each week, but most of your time will be spent in discussion, sharing stories and insights with each other and encouraging one another. The ground rules are determined by each group, so you will want to check with your leader/facilitator to understand your group's specific culture.

### **PRACTICE THESE CONVERSATIONS IN ANY RELATIONSHIP IN YOUR LIFE**

This works even if the other person in that relationship is not in the group (in fact, that is almost always the case). Most of the people in your group are there to work on relationships they have outside the group.

### **NEW FRIENDSHIPS**

One of the key ways you will benefit is the friendships you forge inside the group. These friends will become important encouragers for you as you continue to work on your relationships outside the group. One of the greatest benefits of these groups is that everyone is working together to learn and use these conversations.

### **JOIN ANYTIME, AND COME BACK AS LONG AS YOU FIND IT HELPFUL**

Most “5 Conversations” groups operate like a gym. You and others may join when the time is best and stay as long as you're benefiting from being there.

## **RELIGIOUS BELIEFS ARE NOT REQUIRED**

You do not have to be a religious person to benefit from a group, even though the program relies on the Bible as its single source of truth and wisdom. The truths that form the foundation of Five Conversations for Healthy Relationships have been tried and found helpful by billions of people over thousands of years. Your group may have a time of prayer or quiet reflection at the end of each session. If you are concerned about that, you should check with your leader/facilitator to discuss your concern and find out more about this group's routine.

For a more complete On-Ramp guide, see the On-Ramp e-book. In the meantime, come and try the group for a few weeks! What have you got to lose?