

Relationships

Here is a journaling exercise to help with any relationship issue:

- 1. Identify and write down one bothering aspect of any relationship, which calls for a change.*
- 2. Pause and take a few deep breaths and then ask yourself, if there is anything which you can do to bring about that change. Ex: A difficult conversation, accepting something, considering a different view, letting go, taking some action, or expressing yourself. If there is absolutely nothing you can do, what do you think accepting it would result in? Even if it a very little step, write down what comes up.*
- 3. HOW do you intend to do/be/have/accept it? Facing fears/giving up attachment/taking action/loving self/taking personal responsibility etc. Create intentions in clear sentences.*
- 4. LIST out your resources/ opportunities/strengths that can help you with this, if any. Recall if you handled such a situation well in the past. If it is totally new, could you educate yourself about it?*
- 5. CREATE and write your own affirmations to serve you as a reminder. It would help to keep them on display or at least handy for yourself to see. Write any action you can take, which will help you experience the beginning of desirable change.*
- 6. If feasible, come back and share the gist of your learnings here. ♥*