



THE TOTAL FITNESS & SELF LOVE PROGRAM

Relationships & Boundaries Workbook

The better your emotions are in check, the better your relationships will be and also the better you will think logically when allowing people into your life.

Part One:

Practice The 5 Step Process

Begin actively practicing The Beyond Balance 5 Step Process of Reducing Reactivity

There usually are many situations each day that are available for you to practice being less reactive but if not, try putting yourself into a challenging position.

Besides the 5 steps, here are a couple of extra things to help you:

- Prep your little kid. Explain to her that you are big and you will take care of her, so she doesn't have to be scared. This will calm your mind and body going into the scenario.
- Think about each of the potential outcomes for the conversation.
- Visualize yourself succeeding with the best possible outcome.

Journal the experience.

How did you feel before

How did you feel during

How did you feel after?

https://youtube.com/playlist?list=PLFtvHZZWmgeQbwMzXKpSRy13Er_7jPrAi

Part Two:

Assess the People in Your Life

Begin to look at the people in your life. Just begin with observer who they are, how they operate and start asking yourself questions about them like, do you share similar values? Do they value good mental health? Can you trust them? Do you feel good when you're around them? Are they showing me who they are, and am I taking them for face value? Remember, people always show us who they are sooner or later, so be patient and it's ok to keep them at a distance for a long time. Continue to observe your feelings – mind, body and emotions when you are around each person.

Remember:

You deserve to have only good things, including people, in your life.

Put yourself first, because that's part of having good boundaries and relationships. Teach people how to treat you by first treating yourself well.

The best part of being an adult is choice, so choose wisely.

IT'S ABOUT WHETHER OR NOT THIS PERSON IS GOOD FOR YOU, NOT WHETHER YOU ARE GOOD ENOUGH FOR THEM. CHANGE THE NARRATIVE. BE YOUR OWN BEST FRIEND.