

## #32 — THE SELF-RESPECT AUDIT

*Five questions to reveal exactly where you're abandoning yourself — and how to return.*

Self-respect isn't loud.

It's quiet, steady, and built through small, honest choices.

This tool helps you see the truths you've been stepping over...

so you can step back into yourself.

### **1. Where am I consistently saying “yes” when my body is saying “no”?**

Self-betrayal starts with small agreements you never wanted to make.

Your thoughts: \_\_\_\_\_

### **2. What standards have I lowered just to keep the peace or keep someone else comfortable?**

Every lowered standard leaves a crack where resentment grows.

Your thoughts: \_\_\_\_\_

### **3. What boundary have I been avoiding because I'm afraid of the reaction?**

Avoiding a boundary costs more than enforcing one.

Your thoughts: \_\_\_\_\_

### **4. What truth have I been swallowing that I need to hear myself say out loud?**

Your truth doesn't disappear when you silence it — it shows up as exhaustion instead.

Your thoughts: \_\_\_\_\_

### **5. If I loved myself the way I love others, what choice would I make next?**

This is the highest form of self-respect.

And it's already inside you.

Your thoughts: \_\_\_\_\_

## **FINAL REMINDER:**

Self-respect is not something you earn —  
it's something you practice.

And every small practice adds up to a life you won't have to apologize for.