

#2 – THE SELF-RESPECT CHECK IN SHEET

Five questions to help you choose yourself without the guilt spiral.

Boundaries aren't walls.

They're maintenance.

Self-respect isn't loud – it's consistent.

Use this clarity check anytime you feel torn between honoring yourself and keeping the peace with someone else.

1. Is this costing me more than I pretend it is?

Self-abandonment always starts small:

a little resentment, a little tightness, a little “it’s fine” when it isn’t.

Your body tells the truth before your mouth does.

Your thoughts: _____

2. Am I lowering my standard or enforcing it?

Lowering feels like shrinking, explaining, or hoping.

Enforcing feels like standing up straight – even if it’s uncomfortable.

Your thoughts: _____

3. If I say yes, am I betraying a need I promised myself I'd honor?

Your growth has requests.

Your patterns have demands.

Which one is answering for you right now?

Your thoughts: _____

4. Have I confused being kind with being compliant?

Kindness considers both people.

Compliance erases you entirely.

Only one leads to healthy connection.

Your thoughts: _____

5. Would future-me thank me for this boundary, or resent me for skipping it?

Self-respect is long-term clarity disguised as discomfort in the moment.

Your future self always knows the right answer.

Your thoughts: _____

FINAL REMINDER:

If you feel guilty for choosing yourself, it means you're healing a pattern – not doing something wrong.

Self-respect gets easier every time you practice it.