

# #6 — THE RELATIONSHIP CLARITY FILTER

*Five questions that reveal whether a connection is healthy... or costly.*

Use this anytime you're unsure what a relationship is doing to you — romantic, friendship, family, or otherwise.

Clarity isn't cruel.

It's freedom.

## 1. Do I feel more myself with them, or less?

Healthy relationships expand you.

Costly ones shrink you until you can barely recognize yourself.

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

## 2. Does this connection bring me more peace or more confusion?

Peace doesn't mean perfect.

It means stable.

Confusion is what inconsistency feels like from the inside.

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

## 3. Do their actions match their words consistently?

Consistency builds trust.

Inconsistency builds stories you have to invent to feel okay.

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

## 4. Am I respected here, or tolerated?

Respect feels like being considered, valued, and safe.

Tolerance feels like walking on emotional eggshells.

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

## 5. If someone I love were treated this way, what would I tell them to do?

Clarity becomes unmistakable when you remove your attachment from the equation.

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

## **FINAL REMINDER:**

If you keep losing yourself inside the relationship,  
it isn't love —  
it's erosion.

Healthy connections don't require your self-abandonment as payment.