

# #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.