

SELF-HELP WORKSHEET - USE AT YOUR DISCRETION

RELATIONSHIPS- ENHANCE YOUR COPING SKILLS

RELATIONSHIPS

D.I.Y.SELF-CARE WORKSHEET

Invest 45min - 60 min on yourself

YOU ARE ABOUT TO DO A LITTLE BIT OF BRAIN REWIRING! USING THE 3 STEP THOUGHT PROCESS FOUNDED BY ROBERT GENE SMITH. THIS WORKSHEET IS DESIGNED BY DIYMENTALBOOST USING THE 3 STEP THOUGHT PROCESS

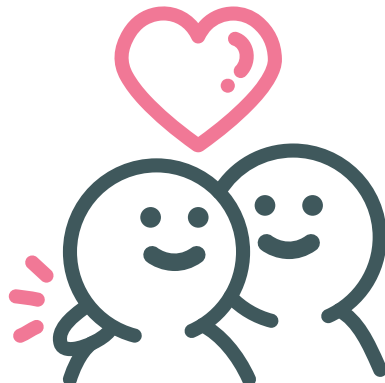
STEP 1
FOCUS

STEP 2
DISTRACT

STEP 3
GO HAPPY



SCAN QR CODE
WHY THESE STEPS WORK!



WHAT IS BRAIN REWIRING?





It is a basic skill of life like writing and reading. That is changing automatic thought patterns.

ANYONE who wants to know how to guide the brain to release unwanted LINGERING emotions. Anxiety triggers cease to exist while self-worth and productivity skyrocket.

DEBUNK THE MYTH THAT RELATIONSHIPS HAVE TO BE HARD!

BOOST YOUR RELATIONSHIP

HOW GOOD DO YOU FEEL ABOUT YOURSELF?

  Depends  

Not Great Sometime not great Pretty Good

Step 1

Perspectives I'd Prefer
checkmark choices

- I accept myself and my loved one
- We all have valid views
- I do not want to make mountains out of molehills

VISUALIZE A TREE BEING PULLED UP BY THE ROOT AND IT NO LONGER BEING HAVING LEAVES

You BELIEVE it is hard to settle issues because....

What is your most recent relationship struggle?

What relationship issue are you struggling with right now?
What is the emotion attached. How important is it to you?

just breathe

STEP 2 DISTRACTION



Spot 10 differences



NOW IMAGINE SOMETHING VERY HAPPY YOU HAVE EXPERIENCED



FEEL IT
(15-30 SECONDS)



STEP 3

What you think
is what you
will feel!

**FOOD FOR
THOUGHT**

STEP 1 - GO BACK TO PAGE 1 / Think BRIEFLY about all "the reasons why RELATIONSHIP success is HARD.

*just
breathe*

STEP 2 DISTRACTION

LISTEN TO
YOUR
FAVORITE
HAPPY SONG

OR

WRITE DOWN "10" HAPPY WORDS

Advanced....use your opposite hand to write.

The goal is re-engagement of mind, not getting all the answers)

STEP 3

Food For Thought

NOW IMAGINE SOMETHING VERY
EXCITING YOU HAVE EXPERIENCED

**HAVE
FUN**

FEEL IT!
VISUALIZE IT!!
(15-30 SECONDS)

A HIGHLY INTENSE
EMOTION REACTION OR
REPEATED EMOTION +
SITUATION = FEELINGS

THIS CAN LEAD TO
"EMOTIONAL BAGGAGE"
IF THE EMOTION IS AN
INTENSE LOW VIBE
EMOTION

STEP 1 - When is the 1st time you felt **THE EMOTION** connected to this issue? What experience did you have? How did you react and for how long? How did it affect your life afterwards?

STEP 2 DISTRACTION

FIND 10 HIDDEN OBJECTS IN THE PICTURE



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

NOW IMAGINE SOMETHING VERY PEEACFUL YOU HAVE EXPERIENCED

STEP 3



FEEL IT!!!
Try it times for 15 seconds each

**CHECK IN ON
HOW YOU FEEL ABOUT
"your relationship issue"**

10-9	8-5
4-2	1

STEP 1 - GO BACK TO PAGE 1 / HOW WAS RELATIONSHIPS VIEWED IN YOUR FAMILY? WHAT DID THEY TELL YOU ABOUT IT? WHAT HAS BEEN YOUR WORSE RELATIONSHIP ISSUE THAT YOU HAVE STRUGGLED WITH BEFORE?



STEP 2 DISTRACTION

SCATTEGORIES

1. BEVERAGE
2. ANIMAL
3. SOMETHING YOU DRINK
4. CITY
5. FREE ACTIVITY
6. SOMEPLACE YOU SPEND MONEY
7. NAME A CARTOON
8. TYPE OF DRINK
9. COMEDY MOVIE
10. NAME OF FLOWER
11. DESSERT
12. COLOR

SELECT A LETTER AND WRITE DOWN AN ANSWER THAT STARTS WITH THAT LETTER

A B C D E F G H I J
L M N O P Q R S T U
V W X Y Z

- | | |
|----------|-----------|
| 1. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 3. _____ | 9. _____ |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

STEP 3

NOW IMAGINE
SOMETHING VERY
PLEASANT OR EXCITING
YOU HAVE EXPERIENCED
(FEEL IT)



Or watch a 60 second
imagery video



STEP 1 - / WHAT IS YOUR WORSE FEAR
ABOUT YOUR RELATIONSHIP IN THE FUTURE?
WHO DO YOU KNOW OR HAVE HEARD HAS EXPERIENCED YOUR WORSE
FEAR?

*just
breathe*

STEP 2 DISTRACTION

SCATTEGORIES

1. ARTICLE OF CLOTHING
2. ANIMAL
3. SOMETHING YOU DRINK
4. CITY
5. FREE ACTIVITY
6. SOMEPLACE YOU SPEND MONEY
7. MOVIE CHARACTER
8. TYPE OF OCCUPATION
9. ARTICLE OF CLOTHING
10. MODEL OR BRAND OF CAR
11. DESSERT
12. COLOR

SELECT A LETTER AND WRITE
DOWN AN ANSWER THAT
STARTS WITH THAT LETTER

A B C D E F G H I J
L M N O P Q R S T U
V W X Y Z

1. _____ 7. _____
2. _____ 8. _____
3. _____ 9. _____
4. _____ 10. _____
5. _____ 11. _____
6. _____ 12. _____



NOW THINK OR IMAGINE
SOMETHING VERY
HAPPY YOU HAVE
EXPERIENCED (FEEL IT)

STEP 3



STEP 1 - BRIEFLY Think about "all the ways RELATIONSHIP CONCERNS have affected you? What are the reason you feel you have this relationship issue? How can it be worse?

just breathe

STEP 2 DISTRACTION

SCATTEGORIES

1. BEVERAGE
2. ANIMAL
3. SOMETHING YOU DRINK
4. CITY
5. FREE ACTIVITY
6. SOMEPLACE YOU SPEND MONEY
7. CARTOON CHARACTER
8. POSITIVE WORD
9. SOMETHING IN OCEAN
10. FLOWERS
11. DESSERT
12. COLOR

SELECT A LETTER AND WRITE DOWN 2 ANSWERS THAT STARTS WITH THAT LETTER

Give 2 ANSWERS

A B C D E F G H I J
L M N O P Q R S T U
V W X Y Z

1. _____ 7. _____
2. _____ 8. _____
3. _____ 9. _____
4. _____ 10. _____
5. _____ 11. _____
6. _____ 12. _____

STEP 3

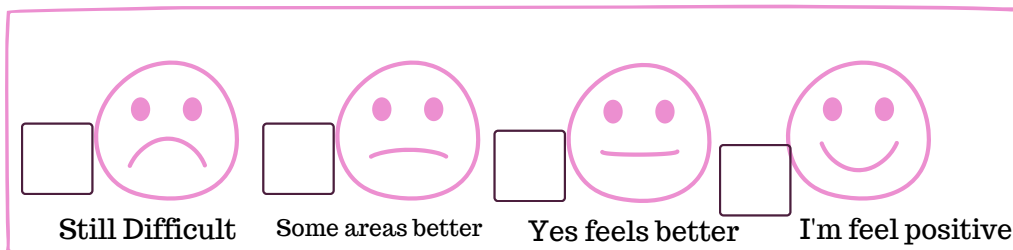
WATCH A VISUAL IMAGERY VIDEO!!



RELATIONSHIP

RE-EVALUATE

DOES YOUR VIEW OF YOUR RELATIONSHIP FEEL LIGHTER?
MORE PLEASANT?



Use guided session
videos to address
EMOTIONS!

CONTINUE TO ENHANCE! MAKE
PEACE WITH ALL EMOTIONS
PLAYLIST

- Do you think you have ever failed at a relationship ?
- Do your relationships keep ending up the same?
- Have you ever considered yourself unworthy to be in relationship?
- Do you believe ALL relationship will have extreme ups and down?
- Impotence issues or low sex drive?

*just
breathe*

REMINDER: WHATEVER YOU BELIEVE IS WHAT WILL
KEEP REOCCURRING IN LIFE...TO STOP THAT CYCLE...
DE-ESCALATE INTENSE LOW VIBE EMOTIONS TO
RELATIONSHIP ISSUES. THIS WILL BREAK THE
SUBCONSCIOUS/UNKNOWING PATTERN!

Soon your emotions will not be provoked by unwanted issues.
And you will KNOW how to take the best action for you in life.

RELATIONSHIPS

EVALUATE PDF

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SUPPORT