

eBook

# *JUST ME & YOU!* *OR IS IT NOT?* *Solving Us*

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## **RIDDLE ME THIS! ARE YOU BEING USED?**

Think about what is being asked of you and delve into this question by being truthful about your experience in your relationship.

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## **CAN YOU HEAR?**

Can you hear while the other person is talking? Or are you too busy listening to yourself so you can word your point?

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## **ATTENTION & VULNERABILITY**

Check yourself! What makes you interrupt your partner while they are speaking? What keeps you from being vulnerable in your romantic relationship?

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## RIDDLE ME THIS!

This may cause some debate amongst different people, but should it? Just like elements in nature (earth, water, fire, air, etc.), people are fundamental parts of the ecosystem. Each person carries a unique energy, purpose, and influence—just as fire gives warmth, water nourishes, and wind spreads seeds. We're not separate from nature; we are nature, made of the same elements that make up stars and soil. Reading this makes me think about God as our creator. Illustrated in Genesis 2:7 Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

**Here are a few symbolic parallels people often draw:**

- Earth – Steady, grounded individuals who bring stability and support.
- Water – Emotional, adaptable souls who bring healing and connection.
- Fire – Passionate, transformative people who inspire and ignite action.
- Air – Thinkers, communicators, and dreamers who bring ideas and movement.

Some even go further and say: just as ecosystems rely on biodiversity, humanity relies on the variety of personalities, roles, and gifts each person brings.

If you were to pick, which element would you be parallel to?

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What life occurrences have taken place in your life that illustrate the parallel?

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Do you think you are being used because of it? What evidence do you have to support this thought?

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If you believe you are being used, how is it preventing you from being emotionally connected to your partner?

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## TIP 1

# Practice Active Listening

1. Give your partner your full attention when they speak. Avoid interrupting, validate their feelings, and reflect back what you heard to show your partner that you are understanding the point they have made.

**Ask yourself this question: Is the act of active listening a challenge for you to do? If the answer is yes, identify why that is and record it below.**

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## TIP 2

# Attention & Vulnerability

2. Open up about your thoughts, fears, dreams, and insecurities. Vulnerability builds trust and deepens emotional intimacy.

**When you read that statement, did your body react? Did you have a mental reaction to this tip? If so, why do you think that is? Record your thoughts below.**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### TIP 3

# Quality Time - Together

3. Make time for meaningful connection without screens or multitasking. Go for walks, cook together, or have deep conversations. Eliminate distractions.

Did you get that...you and your partner have to be intentional about agreeing to set time aside to do things together. What this would also look like is participating in each other's hobbies, even if you are not interested in these hobbies. I know you probably rolled your eyes just then but hey how would you feel if they spent that time with someone else? Are you the jealous type? If you are, I know that suggestion just drove you up the wall. LOL. Another question, do you have trust issues because of your partner, past relationships, or because of your care givers lack of nurturing?

**Describe what you are feeling on the lines below:**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

## TIP 4

## Express Appreciation Regularly

4. **I repeat, express appreciation regularly.** Acknowledge and affirm your partner's efforts, qualities, and presence. Small, sincere thank-you's and compliments go a long way.

In society what is usually seen is the woman going above and beyond with her compliments and appreciation. Men do this as well, but society portrays it as if he is a simp, soft, or even weak. But it is the year 2025. Do not make it a performance nor a show for others to see. You and your partner should make it a priority to catch each other by doing something thoughtful or nice. Then with a positive tone give genuine gratitude and let it flow naturally from you so it will not sound forced.

How did that make you feel? Good, annoyed, icky? Now why is that?

This image shows a full page of blank handwriting practice paper. It features ten sets of horizontal lines, each consisting of a solid top line, a dashed midline, and a solid bottom line. The background is a light cream color, and the entire page is framed by a thin black border. There are no margins or additional markings on the page.



## TIP 5

# CONFLICT & EMPATHY

## 5. Resolve Conflicts with Empathy.

Approach disagreements with the goal of understanding, not winning. Use words in such a way that your partner still feels loved even though there has been a disagreement. Use “I” statements and focus on how each of you feels rather than placing blame.

**Question: Do you or your partner think it is acceptable to use degrading language in the midst of a conflict and still expect to be received affectionately? If either of you answered yes to this question explain why this is your belief? Or describe your reason for disagreeing with this notion.**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

After answering the series of questions, do you feel like you are not being heard, seen, validated, valued, heck not even appreciated? If the answer to the this question is yes, call us and book a session.

# TAKE ACTION

In couples therapy the goal is  not to break up your relationship but instead help both partners with learning how to find solutions.

*win*  
**WIN**

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**Book A Session**

**NOW**