

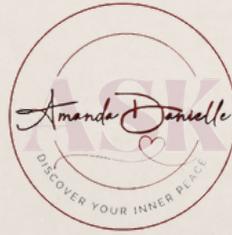


RELATIONSHIP INVENTORY

TURNING ✨ ✨

YOUR *Boundaries* INTO
REALITY

www.askamandadanielle.com



1. Three things I will gain by leaving this relationship are:

2. The reason leaving this relationship will change my life is because:

3. People besides myself who will benefit from my leaving are (e.g., children):

4. Six to eight months from now, I'd like to see myself:

5. If I found out I only had three months left to live, I would:

6. I cannot go on with this relationship because:

7. When I've been No Contact for fourteen days, I will celebrate by:



Healthy Boundaries vs. Unhealthy boundaries

Examples of Healthy Boundaries:

- Valuing your own opinions
- Not compromising personal values for others
- Sharing personal information in an appropriate way (not over- or under-sharing)
 - Knowing your personal wants and needs, and communicating them
 - Accepting when others say “no”
- Staying focused on your own growth and recovery
- Deciding whether a new relationship will be good for you, as opposed to imprinting onto the first person who shows interest
- Being your own loving advocate Noticing when someone is engaging in unhealthy boundaries
 - Trusting your own decisions
 - Knowing who you are and what you want
 - Moving slowly into intimacy
- Keeping track of red flags, as opposed to sweeping them aside

ADD YOUR OWN



Examples of Unhealthy Boundaries:

- Making one person the center of your world
- Sharing intimate and personal information to someone you've just met (such as problems with all of your relationships, sexual history, sexual preferences, the number of times you've dated or been married/divorced, your long-term desires regarding a relationship)
- Changing the way you look, dress, or style your hair because someone you barely know suggests it
- Allowing someone you've just met tell you how to interact with and/or discipline your children
 - Not noticing when someone invades your boundaries
- Not trusting anyone – or, trusting everyone: All or nothing thinking
 - Letting others describe your reality

ADD YOUR OWN



What things make you feel uncomfortable about a current, recently ended or new relationship?

1) I don't like it when:

2) I feel resentful when:

3) When _____ (insert name) does this, I think about it for the rest of the day:

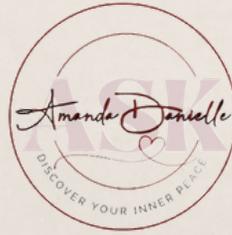
4) Things that I believe other people should respect about me are:

5) Things I will no longer tolerate are (i.e., my deal-breakers):



6) The first boundary or boundaries I will set is (are):

ADD YOUR OWN



Boundaries/Emotional Protection

"Boundaries make it possible for us to separate our own thoughts and feelings from those of others and to take responsibility for what we think, feel and do. Intact boundaries are flexible—they allow us to get close to others when it is appropriate and to maintain our distance when we might be harmed by getting too close.

Good boundaries protect us from abuse and pave the way to achieving true intimacy. They help us take care of ourselves." (lifeesteem.org)

Boundaries are invisible layers of protection separating us from others; that layer is fluid, and can be adapted as needed.

We want and need to exchange some emotional energy with people if we are to connect with them.

We can determine how much or little of our psychic (emotional) energy to share in specific situations and with different people.

We also decide how much or how little emotional energy we will accept from other people.

When someone shares more information than you are comfortable knowing, s/he has crossed a boundary. By saying "Okay – TMI – that's all I want to know." you have set a boundary.



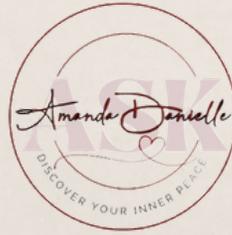
By refusing to answer questions in detail – only sharing what you feel comfortable with – you are setting a boundary. Often we do not establish good boundaries because we don't want to hurt someone's feelings, or aren't comfortable dealing with what we perceive to be a confrontation.

When this happens, we are at risk for being taken advantage of or even abused. This can happen by allowing people to say things to us that we don't like, or by not saying 'no' to requests that we really don't want to do.

When we don't set clear boundaries about what we will accept from others and what they can expect from us, we are sending the message about what behavior or requests are acceptable.

Sharing feelings 'openly' (unguarded) with a loved one may be appropriate. However, when interacting with people at work, the level of emotional sharing and closeness will likely be very different. If at any time you begin to feel emotionally vulnerable or unsafe, you can 'close off' (guard) or 'shut down' (withhold) your thoughts and feelings.

ADD YOUR PERSONAL EXPERIENCE

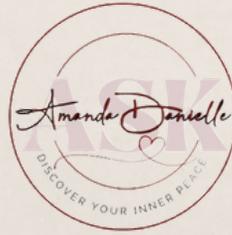


16 Empowering Beliefs to Live By Today

Your experiences are shaped by your thinking. Even obstacles have a value when you can see it. You can develop convictions that will help you to feel happier and achieve more, regardless of the situation. Consider these empowering beliefs that you can start using today to transform your life through the power of positive thinking. Empowering Beliefs to Make You Smile :)

1. I understand my potential. You can achieve amazing results when you put your mind to it. Feel excited about reaching your true potential.
2. I count my blessings. List each thing that you have to be grateful for. Remember to include the smaller items, like warm socks or tart cranberries. Expressing your appreciation reminds you of how rich you are.
3. I learn from mistakes. You can make setbacks work for you by focusing on the lessons that they contain. Flubbing one job interview can teach you how to ace the next one.
4. I find meaning in adversity. Tough times can be the most rewarding phase of your life. Know that you can emerge from any challenge with greater wisdom and courage. Look back at the obstacles you've already overcome, and reassure yourself that you can handle what's ahead.
5. I embrace change. Accept that life is a series of changes. Focus on the present moment, and prepare yourself to adapt to whatever circumstances come your way.
6. I dream big. Expand your wish list. Setting demanding but attainable goals gives you adventures to look forward to each day.
7. I practice forgiveness. Lighten your load by clearing away any resentment you're holding onto from the past. Set reasonable boundaries while you respond with compassion when others disappoint you. Pardon yourself too.
8. I give generously. Sharing your blessings makes you more powerful and joyful. Volunteer in your community and speak kindly to each person you meet today. Buy coffee for your co-workers or give your receptionist a flower.

I BELIEVE FOR MYSELF



Empowering Beliefs to Make You Strive

1. I take responsibility. You are in charge of your life. Hold yourself accountable for the outcomes you create. Celebrate the fact that you have the power to determine your own future.
2. I apply effort. Figure out your definition of success so you know what is worth working for. Give yourself credit when you're making progress rather than comparing yourself to others.
3. I leverage my strengths. You have your own individual strengths that you can draw on. Figure out what you're good at and what you want to do. Let that knowledge guide your choices.
4. I listen to feedback. Ask for feedback so you can enhance your performance and show others that you respect their point of view. You grow faster when you gather solid input that you can translate into action.
5. I ask for help. Expand your capabilities by building a sturdy support network. Carpool with other parents. Divide up household chores with your spouse and children.
6. I connect with others. Moral support counts too. Surround yourself with loving and encouraging family and friends. Participate actively in your faith community. Join a club with members who share your interest in solar power or badminton.
7. I recognize opportunities. Stay alert for promising openings. You may meet a new friend while you're standing in line to buy your morning coffee.
8. I try new things. Be open to experimentation. Go kayaking one weekend instead of playing tennis. Bake your own bread or knit a scarf. You may discover hidden talents.

WHAT MAKES ME STRIVE IS

An upbeat attitude increases your happiness and productivity. Question your old assumptions so you can replace them with a new sense of certainty about yourself and your future. Adopt empowering beliefs that build up your confidence and prepare you for greater success. Start today. You'll be glad you did!