RELATIONSHIP INVENTORY

Turning Your Boundaries Into Reality

The B.I.T.C.H Method™

Breaking Internal Trauma. Creating Healing.

A guided workbook for clarity, self-trust and healthier connections

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Begin With Yourself

A compassionate inventory, without pressure or judgment.

This workbook is designed to help you notice patterns, name your needs and practice boundaries that protect your well-being. You do not need to make every decision today.

What has been weighing on me in this relationship or connection?

What parts of myself have I been setting aside to keep the peace?

What do I want more of in my relationships?

What would feeling emotionally safe look like for me?

Your Relationship Inventory

Notice what is true, not only what you hoped would be true.

What do I consistently feel after spending time with this person?

Which behaviors help me feel respected, heard and valued?

Which recurring patterns leave me anxious, confused or depleted?

If nothing changed over the next six months, what would I need to consider?

What Healthy Boundaries Look Like

- I can say no without providing an extensive explanation.
- I can have different opinions and still deserve respect.
- I can decide how much personal information I share and when.
- I can ask for time, space and privacy.
- I can notice warning signs without dismissing my instincts.
- I can accept another person·s no while honoring my own.
- I can move at a pace that feels right for me.

Which healthy boundary am I already practicing?

Which one do I want to strengthen?

When Boundaries Are Crossed

Look for patterns rather than judging a single moment.

- Feeling pressured to share, agree or commit before you are ready.
- Being repeatedly criticized for having independent needs.
- Having your privacy, time or personal choices disregarded.
- Feeling responsible for managing another adult·s emotions.
- Being isolated from supportive people or activities.
- Hearing promises of change without consistent follow-through.

- What behaviors have I been minimizing or explaining away?

What support would help me respond safely and clearly?

Name Your Non-Negotiables

I feel uncomfortable when…

I feel resentment building when…

I need people close to me to respect…

Three behaviors I will no longer accept are…

One boundary I am ready to practice is…

Turn Insight Into Action

A boundary describes what you will do to care for yourself.

- ·I am not available for conversations that include insults. I will end the call.·
- ·I need time to think before I make a decision.·
- ·I am not comfortable discussing that topic.·
- ·If plans change at the last minute, I may need to reschedule.·

My boundary statement:

If this boundary is not respected, the action I can safely take is:

Who can support me as I practice this?

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B — Break the Belief

Question the stories that keep you stuck in guilt or self-doubt.

I — Identify the Truth

Separate what happened from what fear tells you it means.

T — Transform the Story

Choose a more compassionate and empowering interpretation.

C — Create Confidence

Practice boundaries and habits that build self-trust.

H — Heal & Honor Your Future

Make choices that reflect your values, safety and purpose.

Which step feels most important to me right now?

Beliefs Worth Practicing

- My needs matter, even when others disagree.
- I can learn from the past without living inside it.
- I am allowed to change my mind as I gain clarity.
- I can be kind and still have firm boundaries.
- Progress is made through small, repeated choices.
- Asking for support is a sign of self-respect.
- I can build a future that feels peaceful and authentic.

The belief I most want to carry forward is…

One small action that would reinforce it this week is…

Your Next Chapter

Clarity is a beginning. Practice is how it becomes real.

This week, I will honor myself by…

A relationship quality I want to welcome into my life is…

When I feel unsure, I can remind myself…

Ready for deeper support?

Explore one-to-one coaching with Amanda Danielle and The B.I.T.C.H Method™ at www.askamandadanielle.com.

Amanda Danielle | Author of B.I.T.C.H Speak Your Truth ~ Discover Your Inner Peace

Speaker | Coach | Therapist | Trauma & Life Rebuild Strategist

This educational workbook is not therapy or crisis support. If a relationship is unsafe, prioritize a safety plan and contact qualified local support. You do not have to confront someone to set a boundary.