

Worksheet

RECLAIM YOURSELF

Answer these probing questions



How to reclaim yourself

Here are some probing questions about your role in the relationship to get you really thinking about how you've changed and why.

Did you give to your partner with an expectation of an immediate reciprocation?

Cast your mind back - write down when you know you did that...

When and how did you learn to do that?

Did you give up on things and people that were important to you for the sake of pleasing your partner?

Write down your thoughts...

Can you recall what lead to you changing your behaviour?

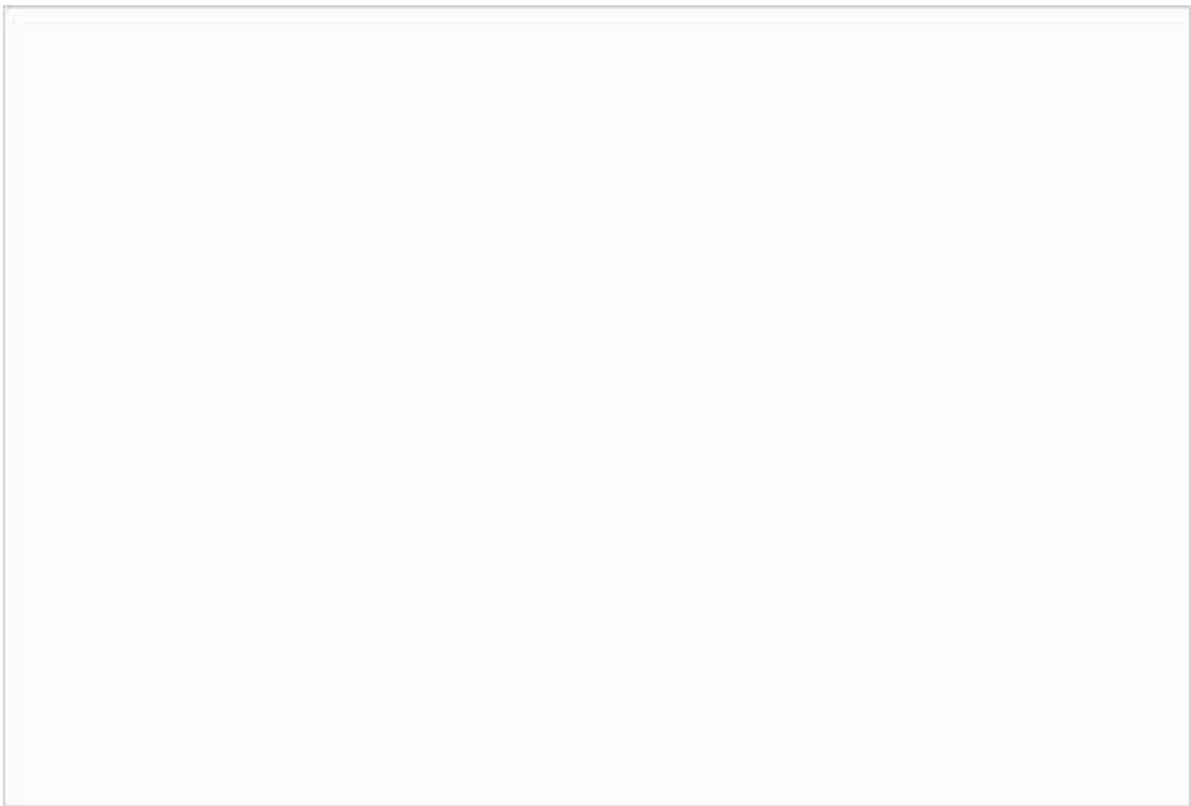
Write down what happened...

Did you give your all at the expense of your own values and beliefs?

Write down how you compromised further than you were truly comfortable with...

Do you feel your sense of self-worth is now completely tied up with what your partner thinks of you?

This is a big one! Write down your thoughts ...



Write down how that happened and why...

Now devise a plan and make a promise to yourself

Now that you've really thought about how you lost yourself along the way, you'll know what you need to do to get back to being who you really are.

Of course, I'm not saying it'll be easy! But you can take small steps and make small changes at first. Gradually building on these over time will increase your self-confidence, and allow you to take bigger steps each time.

I know you can do it!

STEP 1

Decide what changes you're going to make

STEP 2

Make a promise to yourself, wholeheartedly commit to it and write it down...

STEP 3

Set the dates for when you're going to check in on your progress - in a week, a month and 3 months time

