

Relationship Workbook

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Setting Boundaries

What is the boundary violation?

What is the boundary you want to set?

The request: If you.

Setting Boundaries

The consequence: Then I will...

What are your fears (if any) around establishing this boundary?

What are the benefits of establishing this boundary?

Setting Boundaries

How will you set this boundary?

How will you ensure that you honor your boundary?

Communicating With Impact

How do these thoughts feel?

How did you act and show up from this feeling?

Taking full responsibility for your side, what were your results?

Communicating With Impact

What is your responsibility and what is theirs?

What have you learned?

If the other person only heard one line from you, what would you want them to know?

Loveability Worksheet

Think of someone who's challenging for you to love

Write the reasons why you find this person hard to love.

What are your thoughts about this person that prevent you from loving them more?

What conditions have you put on loving this person? List them here.

Loveability Worksheet

What does it feel like when you've chosen not to love this person?

What would it be like to love this person without conditions?

List a specific example in which this person does something you don't like. What would it take and be like to love them in this moment?

How is unconditional love different from love? How does it serve you?

Loveability Worksheet

Is there ever a time when love is not a good choice? Why or why not?
