

The Manual Workbook

Letting Go Of Expectations

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How To Let Go Of Manuals Workbook

The first step is to understand your manual and why you want the person to follow it. To do this, complete this exercise.

Think about someone you want to change and write their name here:

Judge this person. Don't hold back. Let all the "ugly" judgements out of your head. One sentence per line below. Don't edit yourself or try to be appropriate or kind. Get it all out.

Now, go back through the list and notice how many of these judgments also apply to you. Circle those that are true about you. Notice that most judgments of others are projections we have of ourselves.

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Describe the Manual you have for the person of focus. What are your expectations of that person? What do you most want that person to do, and why? Let yourself go to a perfect world where that person does exactly what you want them to do and when you want it. Be specific, and allow yourself to be outrageous

What would you be thinking and feeling if that person did all these things perfectly? Notice that you can think and feel these things anyway.

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Allow that person to be who they are meant to be. So, who is that person? What do they do? How do they act? What are they consistent about? If you aren't trying to control them or interfere, who are they in their actions?

Why do you imagine that person does these things and is this way? What thoughts do you imagine drive that person's actions?

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Who do you want to be in this relationship? In other words, what kind of employee, spouse, sibling, or friend do you want to be? Make sure you think about this separately from the other person's behavior—don't let that determine who you are. Decide who you want to be. Take some time to write it all out.

How do you want to feel? Why?

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How do you want to think about the other person? Remember that your relationship with someone is all about your thoughts about them and yourself within that relationship

How do you want to think about yourself in this relationship?

How do you want to think about your relationship with this person?

I've Been Meaning To Tell You

Write an "I've been meaning to tell you" letter below. This is a letter you can send or not send. Just writing it feels amazing.

Dear _____

I've been meaning to tell you _____

I admire you for _____

I'm thankful for _____

I remember when _____

You have shown me how _____

I've Been Meaning To Tell You

You told me _____

I'm grateful for _____

I love you because _____

Love is always an option.

Love always feels good.

The feeling of love is something we do for ourselves. It's an emotion we feel and experience because of what we choose to think.

Whether that's love for ourselves or love for the other person, you have the power to feel love no matter how someone behaves.