

Better Relationships Workshop Checklist

Forgiveness

Do the forgiveness meditation as many times as you need.

How do you feel? Do you feel more forgiving towards those who have hurt you in the past?

Remember the saying: “Resentment is like taking poison and waiting for the other person to die.”

Agreements Vs Expectations

Make this exercise fun so it doesn't bring you down on an emotional spiral. Take out your journal, go somewhere where the ambient makes you feel good (nature, a favourite coffee shop, spa centre, etc), bring a glass of wine or your favourite beverage, put on some relaxing music (Romana loves Relaxing Music for Focus:

<https://www.youtube.com/watch?v=Mq3sqHBhzwc>) and answer the following questions:

1. What expectations of other people do you have? List all the people and expectations.
2. How clearly did you communicate your request to them?
3. If not, how can you articulate your request to them?
4. Did they agree to it? (If they say “I'll try to do it” you don't have an agreement). Ask them if you can count on them that they will do what they agreed to do by the certain day/hour?
5. What to do if they break the agreement? Talk to them and ask them what came on their way? Why they didn't follow up with the agreement?

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Setting Boundaries

Take out your journal, go somewhere where you feel good again, take your favourite beverage and answer the following questions.

- 1. Where do I feel I'm lacking healthy boundaries?** (This could be your boss, a spouse, children, friends, parents, etc.)
- 2. How do I FEEL when I don't set healthy boundaries?** (The emphasis is on the feelings)
- 3. What inside makes me bend to other people's desires, wishes, needs, etc?** (it could be that you are afraid to hurt their feelings, fear of not being likable, a feeling that you are selfish, a belief that you need to put yourself last in order to be a good person, fear of confrontation, etc.)
- 4. What kind of boundaries do I want to establish with this particular person?**
- 5. How am I going to do it?**