



Stop the Relationship
Sabotage become.....

Deeply Loved

WorkBook


Deeply Loved

On a scale of 1-10 to what degree am I making my values, standards & desires a priority in my romantic life? (10 being the most)

Who do I really want to be in my romantic life? E.g. what qualities do I value that I would like to demonstrate more of? To what degree am I already being fully myself?

What do I value in a relationship?

What is most important to me? E.g. honesty, integrity, emotional well-being, physical intimacy, understanding, compassion, fun, adventure. **Choose your top 10 values.**




What are my standards for a) myself in my romantic life b) in terms of the relationship itself?

E.g. I want to take full responsibility for my emotions without blaming my partner. I want to learn & practice how to self source my own love rather than constantly looking to my partner to provide it. I want our relationship to be mutually supportive when it comes to our individual career paths.

Where, when & how do I feel anxiety & fear in my romantic life?

What am I desiring in each moment I feel anxious (how do I want to feel instead) & what am I desiring in my romantic life, more what?

What price do I feel that I will have to pay in order to have the relationship I really want?




In what situations do I need to self soothe more & be the source of my own love? e.g when my partner is not available.

In the past how did I diminish myself in order to get approval from men (family, friends, partners)?

Did I fall into chronic people pleasing patterns? Did I feel like I was too much & I had to filter my behaviour to be accepted?

Do I use my looks, charm or make fun to get what I want & if Yes where & how?



What is my relationship like with my emotions?

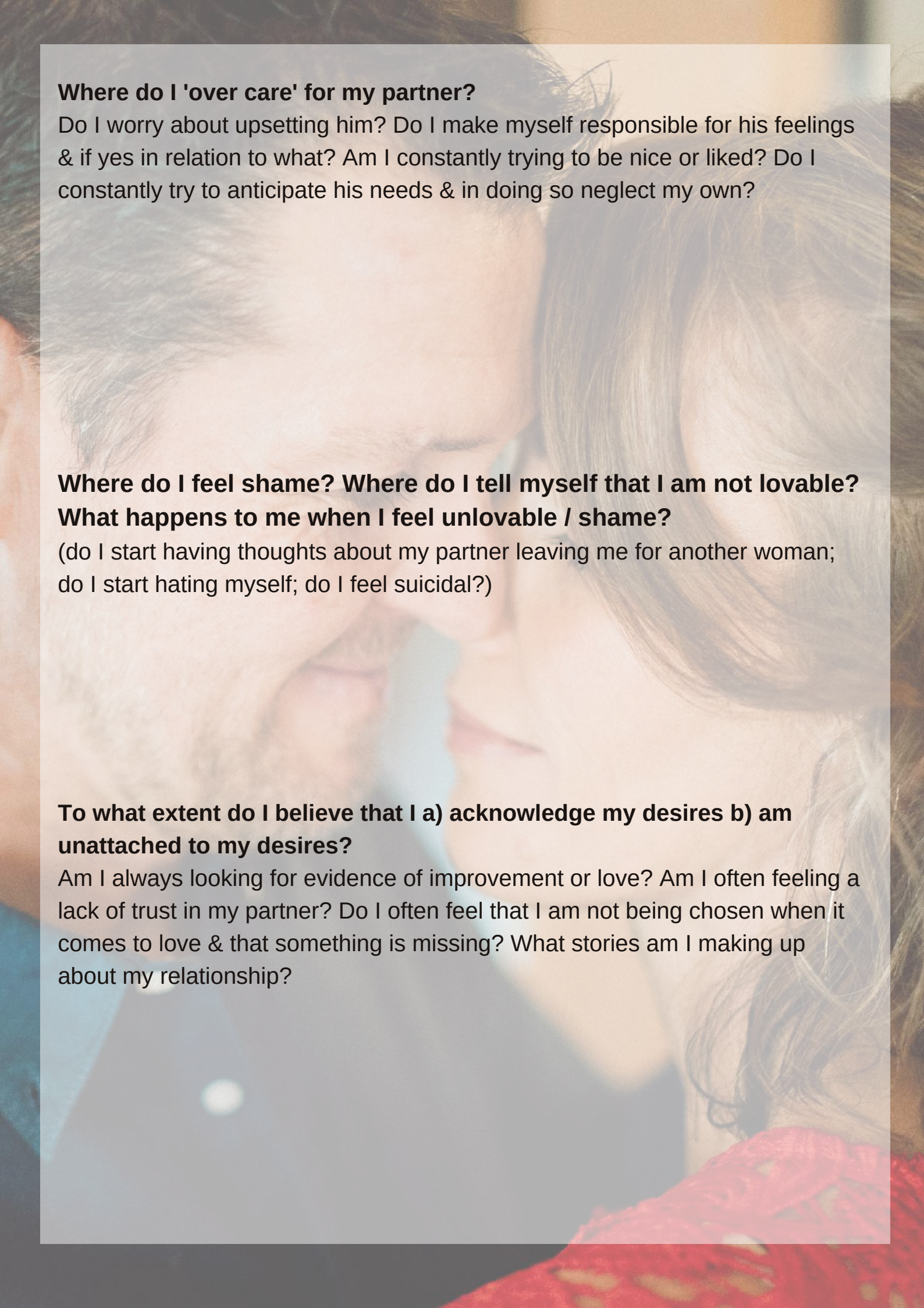
Is it generally healthy or do I suppress, resist or make myself wrong for feeling certain emotions? What is the emotion I struggle with the most? What story is attached to this emotion?

Where do I hold back from being vulnerable & expressing how I

feel? Is there a particular topic that I am fearful about bringing up? What story am I telling myself here about why I cannot speak up?

Where do I show signs of addictive behaviour that affects my relationship?

With certain emotions (& the stories that go with them); neediness; in relation to food, alcohol, drugs, social media, work.



Where do I 'over care' for my partner?

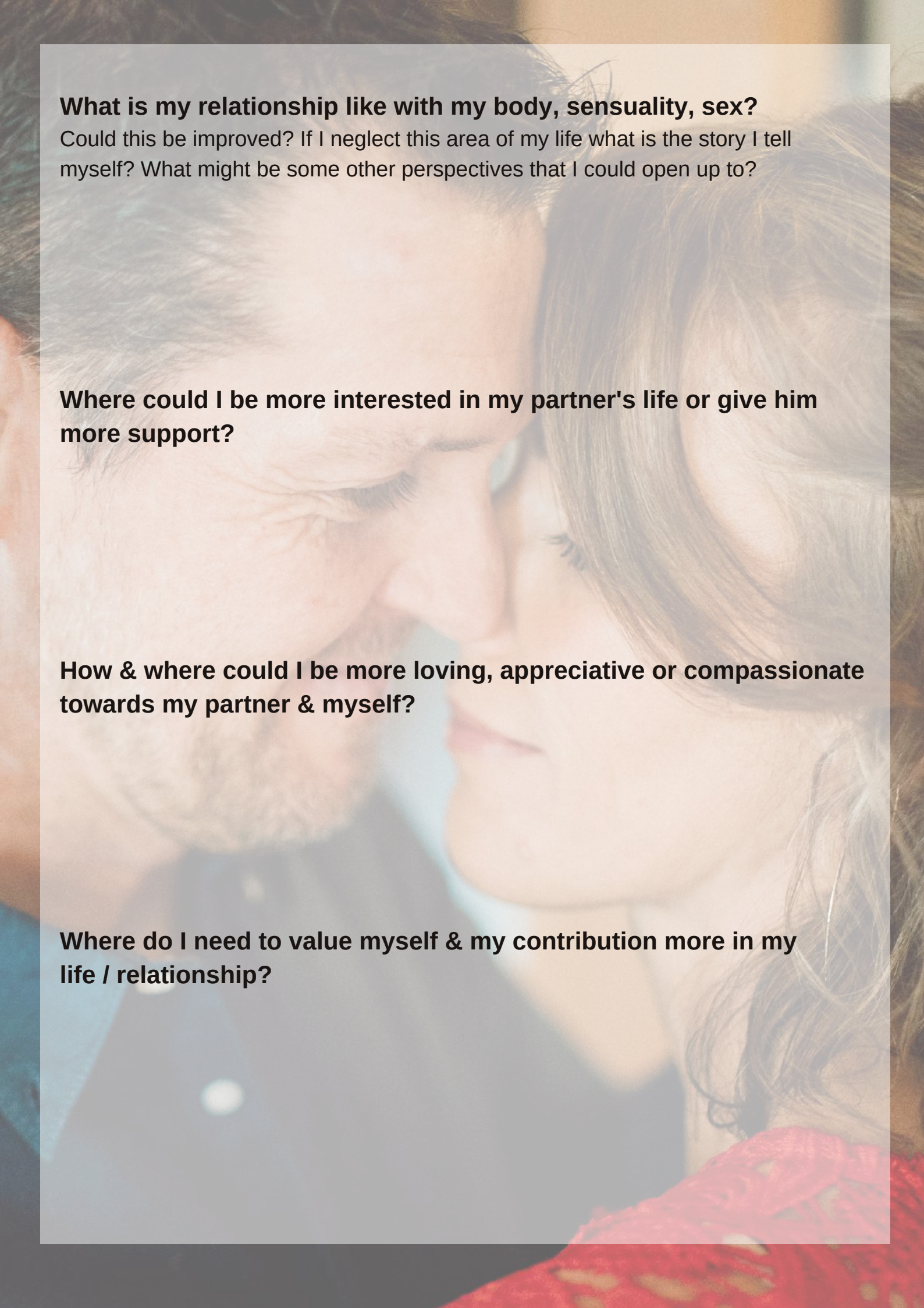
Do I worry about upsetting him? Do I make myself responsible for his feelings & if yes in relation to what? Am I constantly trying to be nice or liked? Do I constantly try to anticipate his needs & in doing so neglect my own?

**Where do I feel shame? Where do I tell myself that I am not lovable?
What happens to me when I feel unlovable / shame?**

(do I start having thoughts about my partner leaving me for another woman; do I start hating myself; do I feel suicidal?)

To what extent do I believe that I a) acknowledge my desires b) am unattached to my desires?

Am I always looking for evidence of improvement or love? Am I often feeling a lack of trust in my partner? Do I often feel that I am not being chosen when it comes to love & that something is missing? What stories am I making up about my relationship?



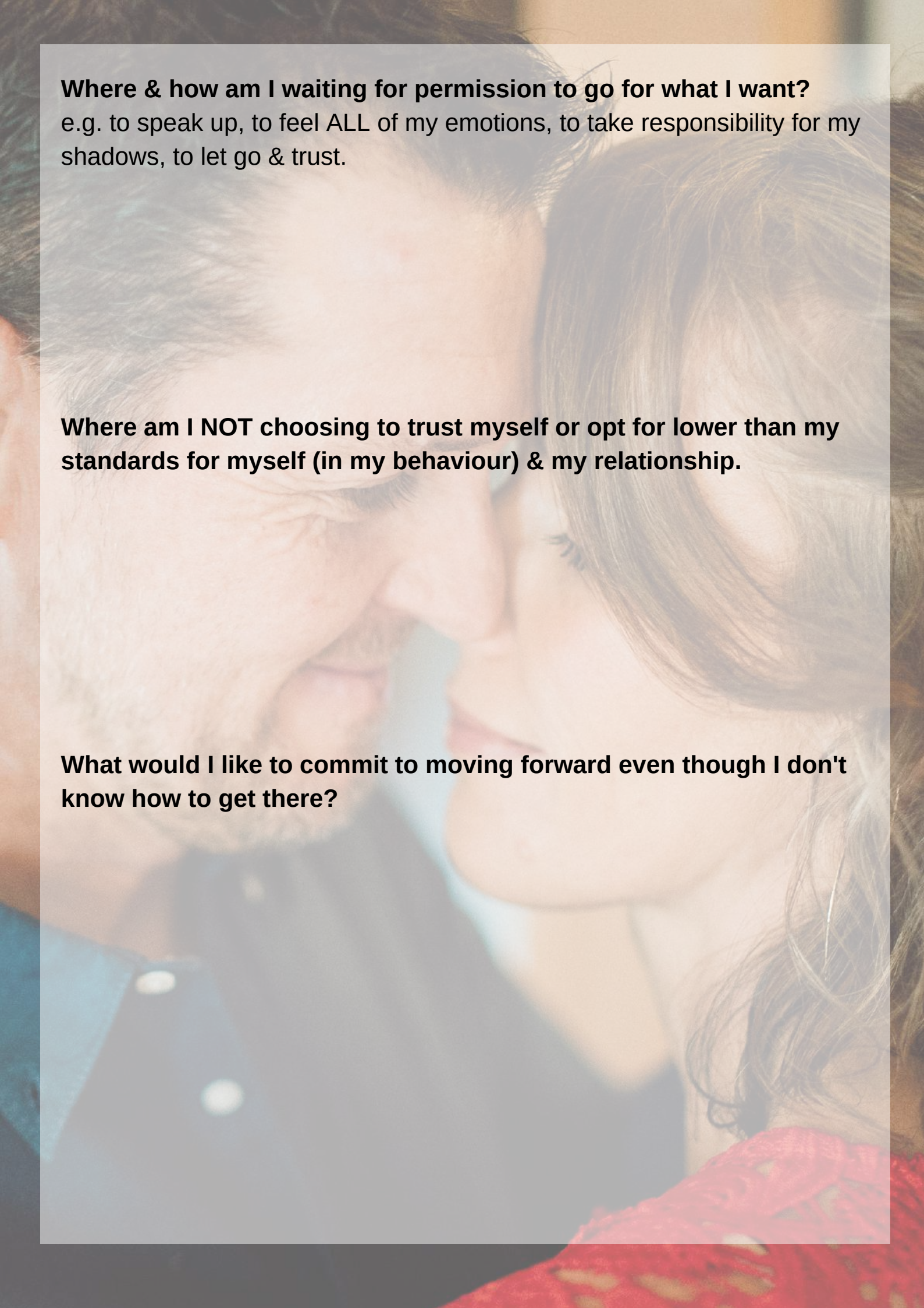
What is my relationship like with my body, sensuality, sex?

Could this be improved? If I neglect this area of my life what is the story I tell myself? What might be some other perspectives that I could open up to?

Where could I be more interested in my partner's life or give him more support?

How & where could I be more loving, appreciative or compassionate towards my partner & myself?

Where do I need to value myself & my contribution more in my life / relationship?

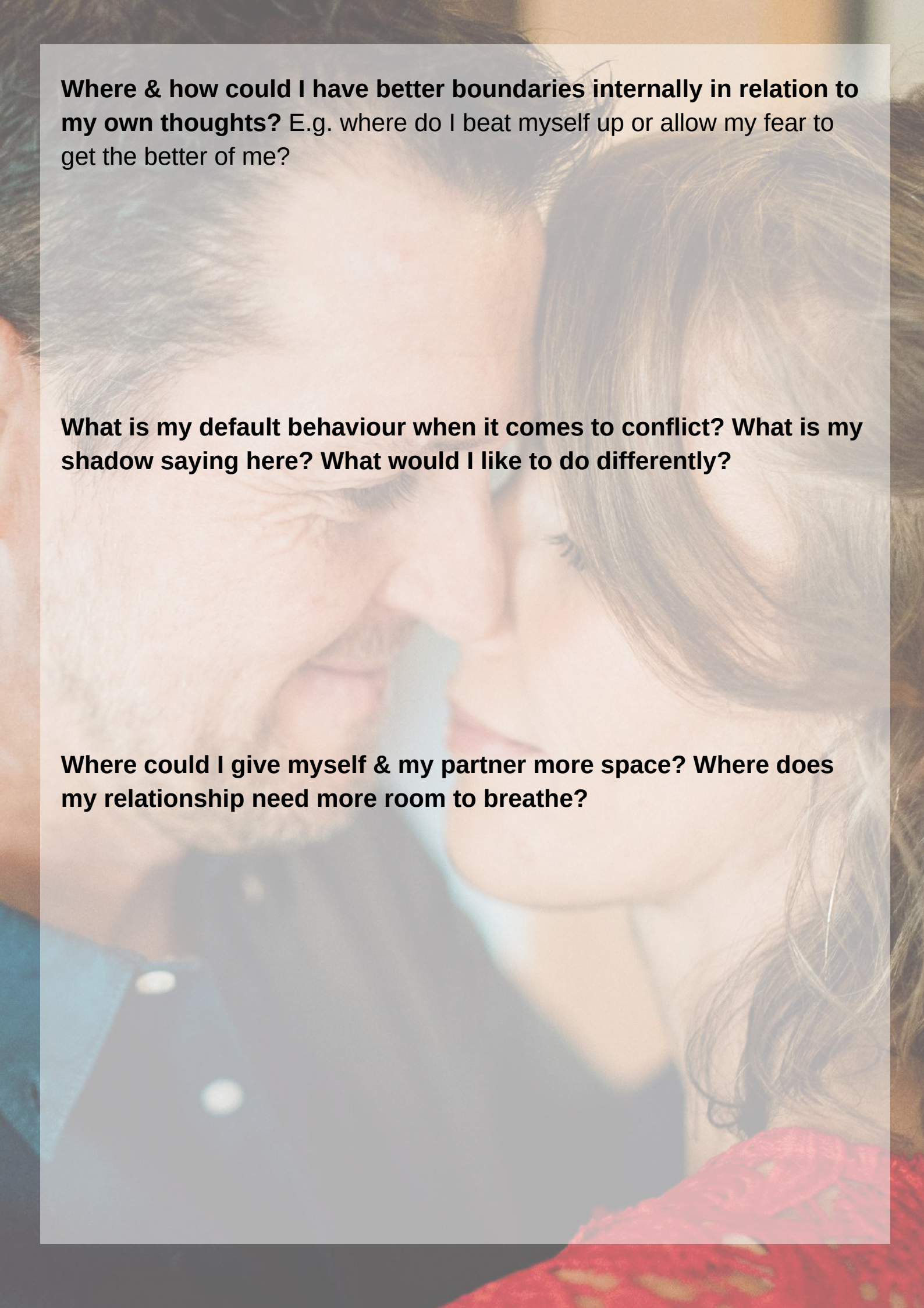


Where & how am I waiting for permission to go for what I want?

e.g. to speak up, to feel ALL of my emotions, to take responsibility for my shadows, to let go & trust.

Where am I NOT choosing to trust myself or opt for lower than my standards for myself (in my behaviour) & my relationship.

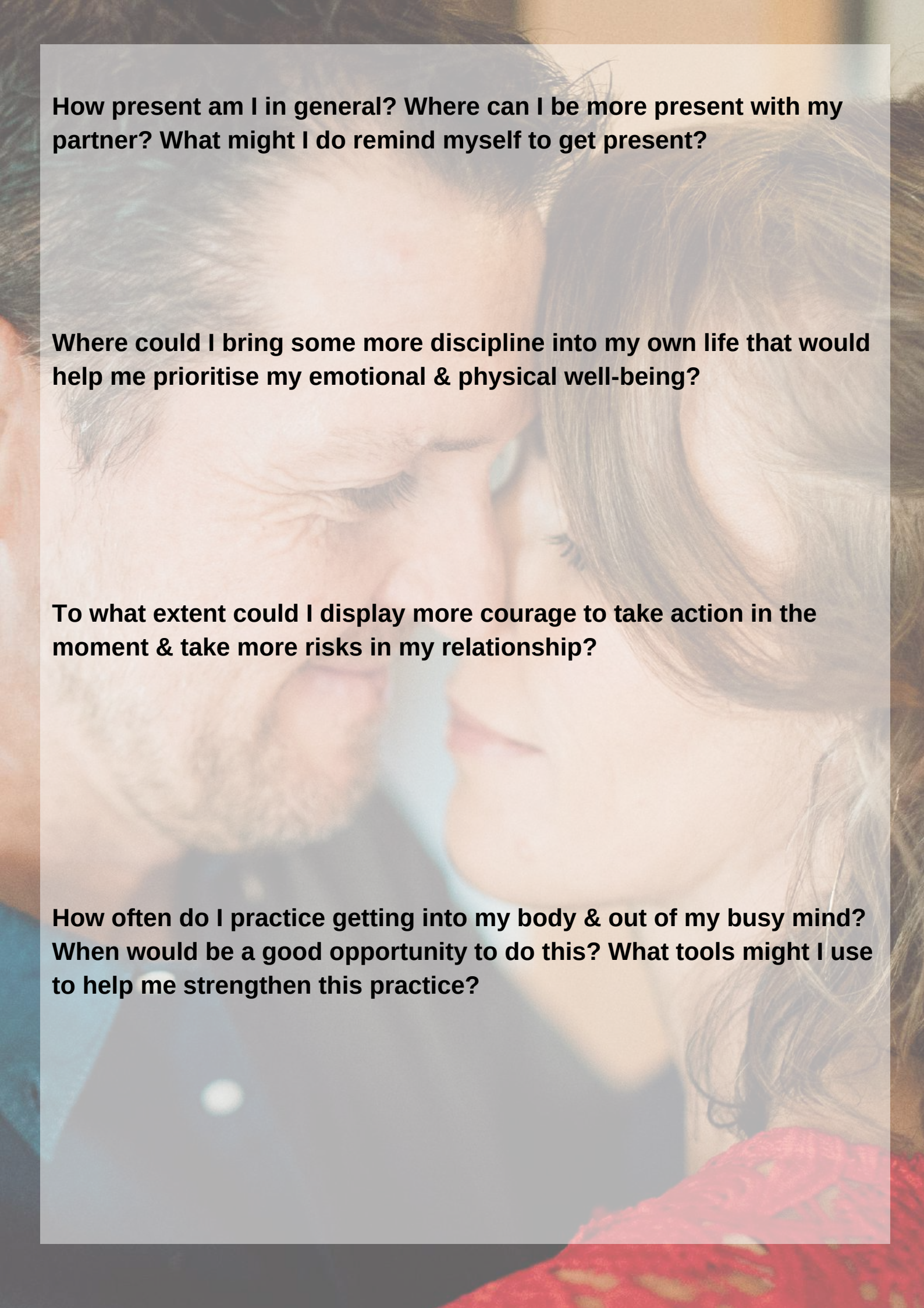
What would I like to commit to moving forward even though I don't know how to get there?



Where & how could I have better boundaries internally in relation to my own thoughts? E.g. where do I beat myself up or allow my fear to get the better of me?

What is my default behaviour when it comes to conflict? What is my shadow saying here? What would I like to do differently?

Where could I give myself & my partner more space? Where does my relationship need more room to breathe?




How present am I in general? Where can I be more present with my partner? What might I do remind myself to get present?

Where could I bring some more discipline into my own life that would help me prioritise my emotional & physical well-being?

To what extent could I display more courage to take action in the moment & take more risks in my relationship?

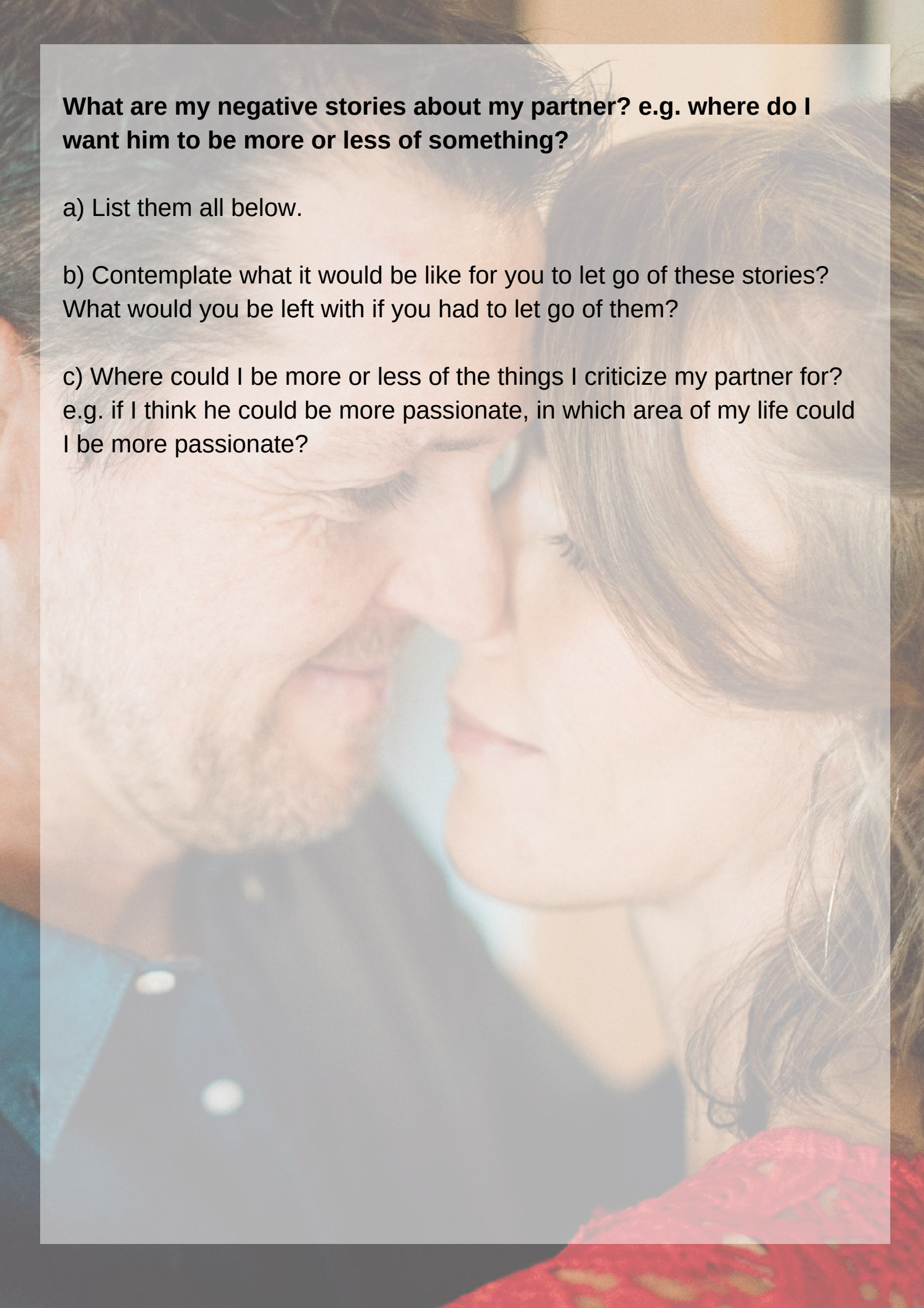
How often do I practice getting into my body & out of my busy mind? When would be a good opportunity to do this? What tools might I use to help me strengthen this practice?



Where could I benefit from letting go more & allow myself to 'not know' how or when something might happen in my relationship?

How active is my intuition & how could I connect with my inner wisdom or knowing more often?

How can I connect with my excitement & joy for life & in my relationship?



What are my negative stories about my partner? e.g. where do I want him to be more or less of something?

a) List them all below.

b) Contemplate what it would be like for you to let go of these stories? What would you be left with if you had to let go of them?

c) Where could I be more or less of the things I criticize my partner for? e.g. if I think he could be more passionate, in which area of my life could I be more passionate?