



Break Free From Conflict-Avoidance

Self-Reflective Questions

Am I Acknowledging What's True For Me?

Am I choosing to say nothing because I want to avoid feeling uneasy or awkward with this person?

Am I worried that if I speak up I'll look like I'm being pushy or confrontational?

Do My Beliefs Still Hold True Today?

Is it really true that saying what matters to me is a bad thing?

If I say how I feel, is it true they'll think I'm being confrontational and end the relationship?

What am I telling myself about how this person will react if I let them know what's on my mind? Is this true?

What May Happen If I Speak Up?

What am I afraid will happen if I speak up? How likely is this?

If this person was to become upset and defensive, how might I handle that?

Am I open to the idea that people don't always agree on absolutely everything, and that is perfectly okay and normal.

What Is My Body Telling Me?

When I think about saying nothing, do I notice myself taking a breath of relief at the thought of avoiding tension with this person?

When I consider speaking up, what do I feel in my body? Is it fear, or do I feel calm, and where in my body do I feel it?

How Old Do I Feel When I Think About Avoiding Confrontation?

Do I feel very young and unsure of myself, or grown-up and confident in my self-worth?

Do I have memories of trying to keep the peace as a child, to make the world okay?

Am I Practising Self-Acceptance?

Am I open to loving myself regardless of whether I speak up or not?

Is it okay for me to feel anxious about speaking up and showing the real me?

Am I Choosing To Live From Intention?

By saying nothing, am I consciously choosing to approach this with discretion for a reason other than worry about their reaction?

What kind of connection do I want with this person? Do I want a deep, authentic relationship? What would that look like to me?

Am I Seeing Myself As Ever Evolving?

Could this relationship be more fulfilling if I was to take a small step to say what's important to me?

Is there an opportunity here for me to grow and evolve as a person by taking courage to show up as me and say what's on my mind?

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