



Let Go Of The Need To Fit In Self-Reflective Questions

Am I Acknowledging What's True For Me?

Am I going along with what they want to avoid being seen as difficult or picky?

Am I trying to fit in because I'm worried that saying no will mean I'm left out next time?

I'm I pretending to agree so I don't stand out?

Do My Beliefs Still Hold True Today?

What do I keep telling myself about having to agree with people so they'll include me?

In the context of my life and relationships today, does it still hold true that I must fit in and be liked by everyone?

What May Happen If I Show Up Fully?

What reaction am I worried about if I were upfront about what I want?

How likely is this to happen when I really think it through?

Am I saying one thing to this person but thinking another? Is that being true to myself and our relationship?

What Is My Body Telling Me?

When I think about fitting in with what this person thinks, what do I feel in my body?

Do I feel relaxed, or tense? If there is tension, where in my body do I feel it?

How Old Do I Feel When I Think About Fitting In With This Person?

When I think about agreeing and going along with this person, how old do I feel?

Do I have memories of being praised for being easy going as a child?

Do I remember being scorned and disapproved of for saying what mattered to me?

Am I Practising Self-Acceptance?

Do I feel able to love and accept myself, whether I change to fit in with this person or not?

If I'm more upfront about my own needs, can I accept that I may feel a little awkward and self-conscious for a while?

Am I Choosing To Live From Intention?

Is my desire to be agreeable a conscious choice, or is it an impulsive response to make life easier for the time being?

How might I feel later if I sacrifice my own choices now?

Am I Seeing Myself As Ever Evolving?

Am I open to embracing the idea that being the real me is part of my journey to becoming wiser?

Am I honouring this person and our relationship by showing up fully visible and letting them get to know the real me even if that feels a bit scary?

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