



Intentional Life Plan

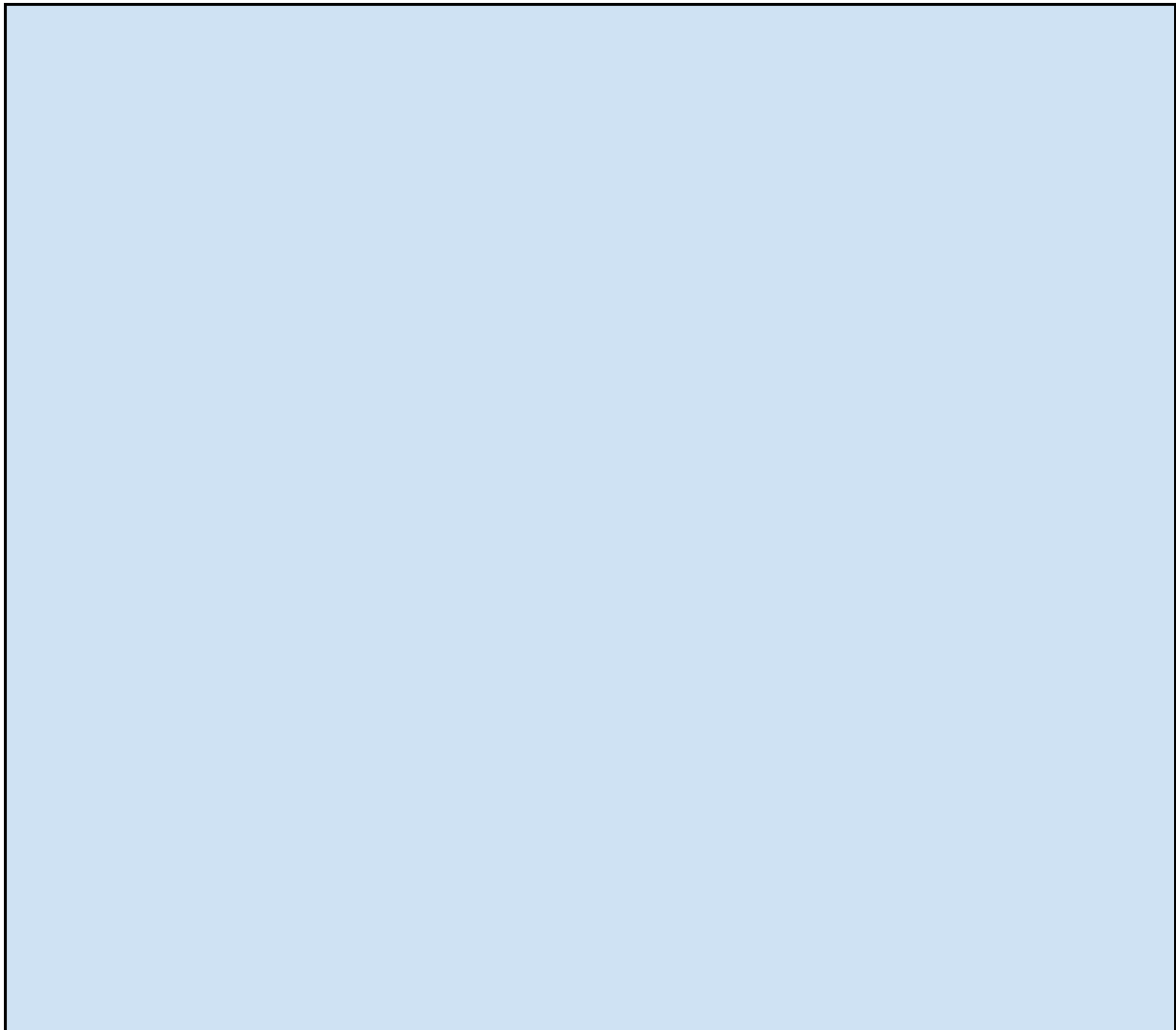
Self-Reflective Questions

How to Say 'Enough!'

Related content:

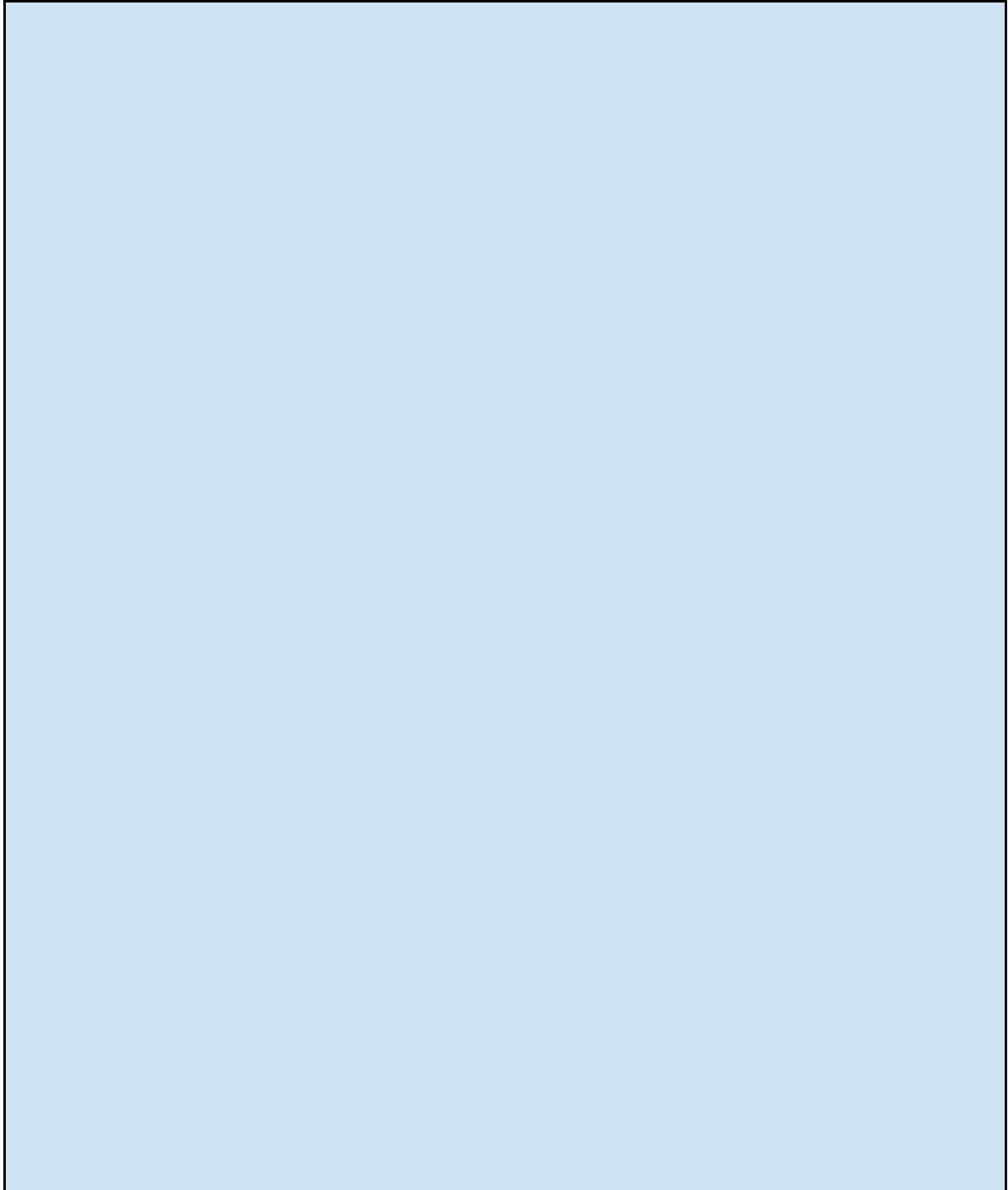
- Chapter 14: 'How to Say 'Enough!'
- Assertiveness Life Areas
- Empowering Words and Phrases
- Master the Art of Saying No
- Kindness Type Self-Reflective Questions
- Empowering Words and Phrases

List the most important relationships in your life, in any order.

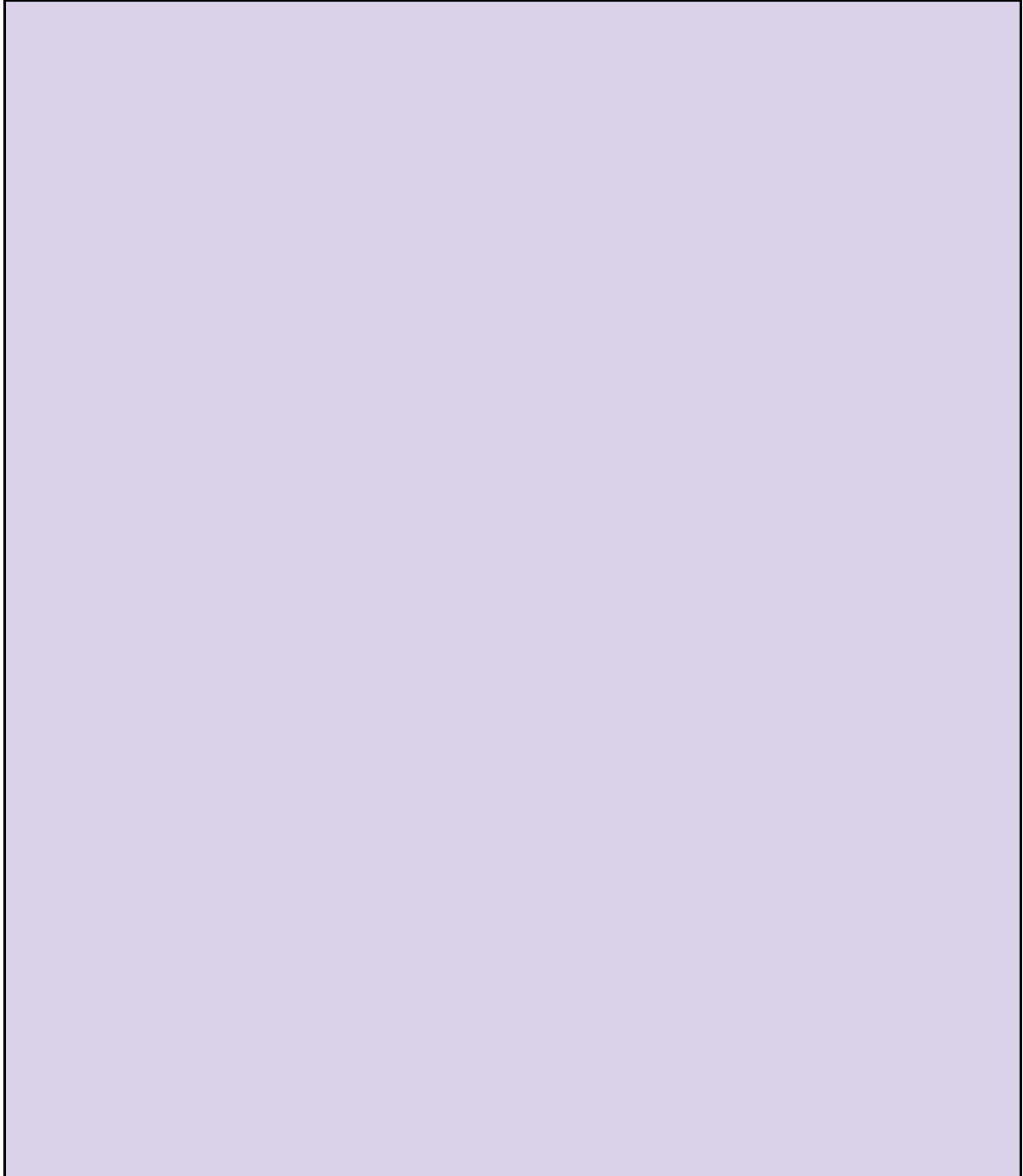


For each of those people, complete the following sentence filling in the blanks:

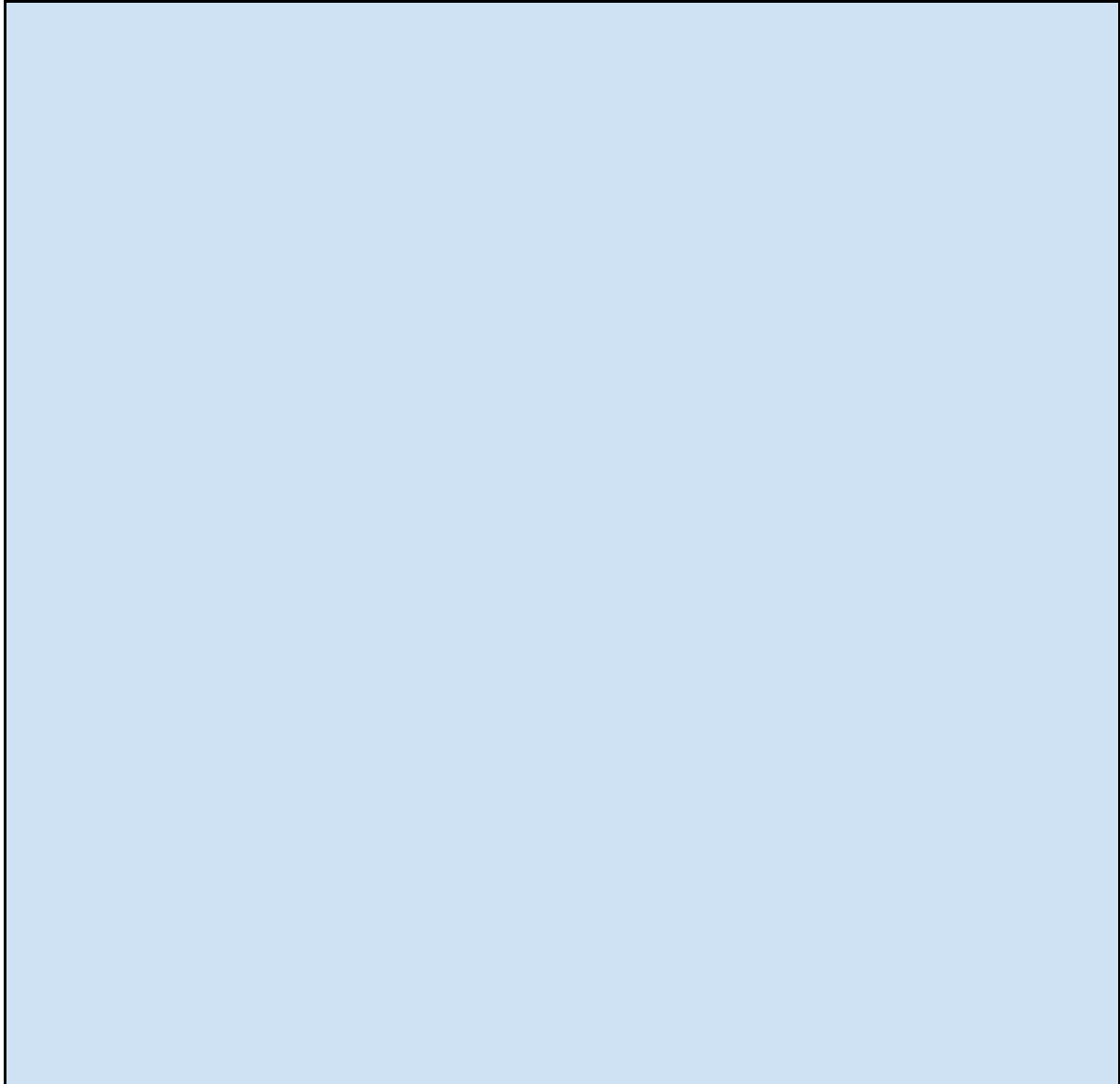
I am responsible to ... because...



Choose one person from your list, and write down what you consider to be the difference between being 'responsible for them', and being 'responsible to them'.



You can find the courage to be authentic and to address relationship problems by using 'We and Us', rather than 'You and Me'. Write down two or more 'We/Us' phrases that you will use the next time you find yourself in a challenging situation with someone.

A large, empty rectangular box with a light blue background and a black border, intended for writing 'We/Us' phrases.

Sometimes people become so caught up in trying to fix a relationship that they miss the fact that the person isn't actually capable of giving them what they need.

If you are, or have been, in this situation, write down what you will do if you should come across a similar person/relationship in the future.

Starting with: *If I keep trying to fix it and nothing changes, I will ask myself: Is this person really able to give me ...*

