

A person with blonde hair tied in a bun, wearing a white shirt and blue pants, is sitting cross-legged on a grassy field. The background is a blurred green forest. The person's hands are resting on their knees in a meditative pose. The overall scene is peaceful and natural.

Presented by BU Happiness College

# Forming a Healthier Relationship with Yourself

[www.buhappinesscollege.com](http://www.buhappinesscollege.com)





A healthy self-relationship is the ability to value yourself as a person, and embrace your strengths and weaknesses,"

- Julie Hanks, LCSW, a therapist and blogger at Psych Central.

She's realized that her strengths and weaknesses are two sides of the same coin



# Signs of an unhealthy relationship with yourself

Negative self talk

Unhealthy attachment styles

Low self worth & self esteem

Judgement of self & others

Lack of self trust

Punishment of self and others

Push yourself to extremes

Controlling Behaviours

Unrealistic/unreasonable expectations on self and others

Notes:



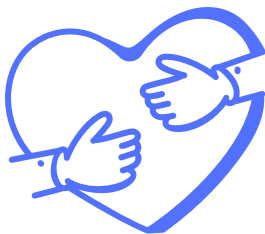
# Foundations of forming a healthier relationship with yourself

Being a great friend to yourself unlocks long-term happiness. Your relationship with yourself is arguably the most important relationship in life. Self-relationship is the foundation of everything else.

**Learn about & embody your values**



**Create a support network**



**Practice Empathy, Compassion & Vulnerability**



**Create routine & prioritise basic human needs**



Notes:



# 5 Techniques & Intentions

**Practice self  
awareness**

**Breathwork**

**Use other  
mindfulness  
techniques**

**Regulate your  
emotions**

**Start a  
gratitude practice**



# Relationship Intention Plan

Begin creating a vision for the healthy relationship you'd like to start experiencing. Here are some questions to help get you started:

- What do I want my relationship with myself to be like?
- How do I want it to feel?

**How I want it to look & feel:**

**What do I need to do to get there?**

A photograph of a person's hands holding a pen and writing in a notebook. The person is wearing a dark shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...