Forming a Healthier Relationship with Yourself

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
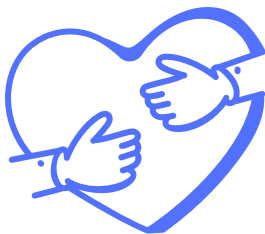
Notes:

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

Practice Empathy, Compassion & Vulnerability

Create a support network

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?

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...