

The Connection Strategy Series



Tending to You & Your Relationships

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ONOFREY

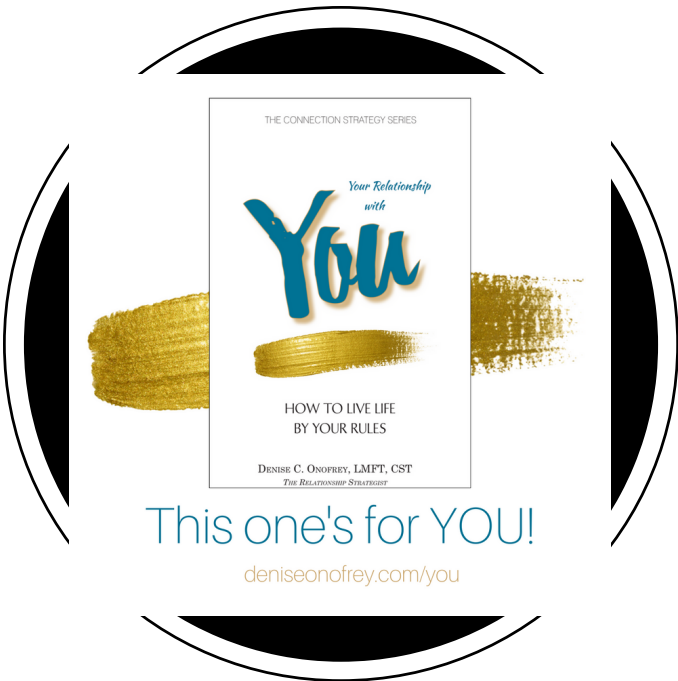
Based on the book "Your Relationship with You:
How to Live Life by Your Rules"

Hey there! I am so happy you are here because I want to share with you the one thing I know to be true: The quality of EVERY RELATIONSHIP you are engaged in is based on the quality of the relationship you have with yourself.

As an expert in relationships & sex with what feels like a bazillion hours of behind closed doors working with people on their relationships, it made sense for me to write a relationship self-help book.

I knew an essential step in helping people in their intimate relationships... helping people with the relationship they had with *themselves*. Based on that truth, I published my first book "Your Relationship with You: How to Live Life by Your Rules".

This workbook enhances the work you will find in the book & it can also stand alone as it's own powerful, personal development opportunity. Let's do this thing!



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Part 1

We all seek
Connection & Ease in Relationships

First, we must calm



What relationships do you want to tend to most?

The strategies found in this workbook & the accompanying book "Your Relationship with You: How to Live Life by Your Rules" can be applied at home, work, in parenting, business, family life, with in-laws, siblings and BFFs -the possibilities are endless!

**Tend: to take care of someone or something.
A simple verb that can change everything.**

Whether you are single, married for 4 days or 40 years...If you are new to a workplace, school or career...Maybe your nest is empty, step-children have moved in or you have a baby on the way...The foundation to each of these is YOU. Tend to you before you turn toward others in any capacity.



First YOU. The relationship you must tend to most is the one with you. Next choose 2 more significant relationships you will keep top of mind as you learn relationship strategies.

Relationship 1

YOU!

Relationship 2

Relationship 3

Why "calm" matters

Take a few moments and reflect on the last few experiences you didn't feel calm. Typically these examples aren't too hard to come by --- we live in un-calm times with high demands, packed schedules and high expectations. When we lose our calm we aren't in alignment with our best self. I am not saying we have to ward off this very natural emotional experience. What I am saying is when we can learn to calm we can more easily tend to ourselves and our relationships.

Losing our cool is not usually our best moments but it's important we take an honest look at those times in order to have more connection & easier relationships.

Close your eyes & bring yourself back to a specific memory of not being calm. Take a few good, deep breaths and get back to the images, the environment and maybe the people in those not-so-calm moments. (cringe worthy? I know my not-so-calm moments are cringe worthy too)

Let's Explore

1. What emotions did you feel when you weren't calm? Dig deeper than your first response.

2. What negative thoughts about yourself ran through your head as you imagined being not-so-calm? These thoughts often start with "I am" or "I am not".

3. Where do you feel this memory in your body?

I bet you are reliving some of that memory right now and maybe not feeling so calm. Take a deep breath...take more deep breaths until you return to a calmer you...

Calm is not...

Monkey mind,
busy, busy busy,
"So much on my plate!"
Hamster wheel,
Rat race,
Burning out
Over it!
To-do list & lists of lists
Worry
Plotting
No time
Overwhelm
Numbing out
Distracting
Heart racing
Tension
Clenched teeth
Too busy for meals
Crappy sleep
Dread
Avoiding
FOMO
Over drive
Toxic friendships
Conflict about BS
Proving you fit in
Perfecting



Your Nose Knows

Take a deep cleansing breath right now... Fill your belly, then your chest... Imagine you can even inhale into your busy busy brain....now another breath... Then just one more. Inhale calm, exhale busy brain. You are now more ready for connection.

Breath is THE #1 most reliable way to create calm,
anytime, anywhere.

Calm with intention

Where in your life do you need to have more calm (aka, need to breathe more)? Parenting, health, money, housekeeping, sex, kid's sports, marriage, keeping up with the Joneses, achieving more, striving for a goal? (Breathe now) Name the 3 areas you commit to bringing more calm to with intentional doses of deep calming breath.

1. _____

2. _____

3. _____



Practice, practice, practice

Carpool lane - Grocery shopping -
Brushing your teeth - Walking up the
stairs - Walking through the parking lot -
Making eye contact - Washing the dishes
- Emptying the dishwasher - Washing
your hands - Bathroom time - Showering
- Chores - Sitting in traffic - Waiting on
hold - Rocking your kid to sleep - When
you notice the moon - Waiting for an
elevator - When you see a particular
color - When you think of someone
special - During a commercial - After a
great kiss- After a not so great kiss -
When you finish a meal - Putting on
Chapstick - Deciding what to wear -
Checking out your awesome shoes -
Checking out MY awesome shoes -
Waiting for the shower to warm up -
Drying your hair - Waiting for the water to
boil - Shaving - Putting on lotion - Waiting
for the coffee to brew - When you first
notice the weather of the day - Top of the
hour

**I commit to
practicing
calming breath.
Name 3 practice
opportunities**

1. _____

2. _____

3. _____

Take a
deep
breath

You know WHO you want to connect with more, and WHERE you want to be more calm. You have one HUGELY IMPORTANT STRATEGY to find calm right under your nose: the power of breath.

It is truly a super power and hey, let's face it, the science is there to prove healthfully breathing will decrease tension and increase a state of calm.

Now let's get your brain in on this game... the more you practice breathing to calm yourself, the more your brain will respond, "oh! hey! You are doing that breath thing again, you must want to experience calm" awwwww....

We must calm to connect.

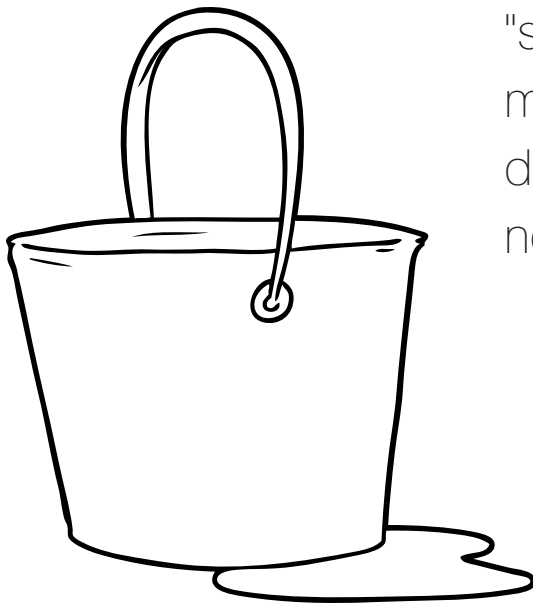
In order to connect we need to have practiced skills that calm, actually use them as needed too ;) In addition we need to eliminate the things that drain us and distract us... Drains and distractions steal our calm!

Folks, I give you my absolute favorite strategy because I get to introduce....



For more see Chapter 7 of the book "Your Relationship with You: How to Live Life by Your Rules"

Introducing...
The F&@% It Bucket



This little gem is to put all the "stuff" that just doesn't matter, yet still drains you, distracts you and keeps your life noisy, busy & disconnected.

For when breathing into calm just doesn't seem like enough

"There's that one closet in my house that nags at me even if the rest of the house is fine."

"I'm not at peace unless all the laundry is done at one time. No exceptions."

I am going to start researching colleges now (for a 12 year old).

"My daughter's dance teacher will be happier if I bring dinner for the whole team"

"I host book club at my house every month despite the burden"

"I have to volunteer this year because I did last year."

"I over-explain myself so nobody will be upset."

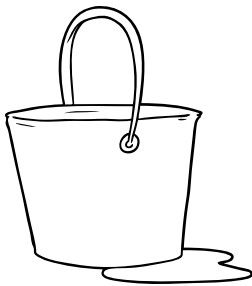
"If I say no I will appear rude."

"If I say no they will stop inviting me."

"If I say no I will be looked down upon."

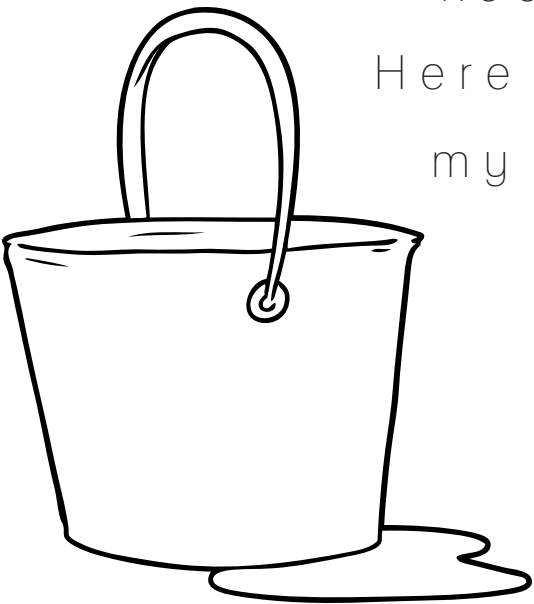
"If I say no, I will seem ungrateful"

"If I say no, I will miss out on an opportunity."



The Serious Side of the Bucket

In all seriousness, folks, every day I work with people who have very full lives and nearly everything feels like a priority. In addition, there are nagging, little demands we place ON OURSELVES that drain us even further. Here, "The Bucket" for those self-imposed drains that keep us from being connected. Here are just a few nagging drains my private clients have "put in" their buckets:



Your Bucket, Your Rules

What belongs in your Bucket? What nagging drains are you allowing to distract you from calm & connection? Often "The Bucket" items are related to perfectionism, people pleasing, masking your truth, or what provides you false doses of calm.

What top 3 drains are you putting in your Bucket?

When you notice a self imposed drain, practice by saying: "No more. Get in the bucket!"



1. _____



2. _____



3. _____



Part 1 In Review

1. We live in a very uncalm, noisy, demanding world.
2. Use calming techniques but more importantly PRACTICE calming techniques before you need them!
3. You have permission to edit, dump and delete energy drains and distractions.

Coming up in Part 2

Roll up your sleeves, we are going to get some deep emotional, exploratory work done!

1. Accurately identify what you feel.
2. Explore needs based on emotion.
3. Investigate thoughts, actions, body, etc. based on emotion.



Tending to You & Your Relationships

Part Two: Clarity for
Connection

Connection

First, we must calm; then we get clear.

Let's get refocused on the 3 relationships you are focusing on in this work. I filled out the Relationship 1 for you. ;)

Relationship 1

you

Relationship 2

Relationship 3

Clarity: the quality of seeing and hearing (yourself)

Challenge yourself to explore the next page and find 3 emotions that accurately describe your current or recent emotional state. In Part 1 of this workbook, "Calm to Connect", you learned a number of strategies to calm the self in order to connect with yourself and others. Part 2 of this workbook will help you more easily hear and see your true self to further your connection to self and others.

The more accurately we can identify and convey emotions, the more likely we will be connected and have easier relationships



For more see Chapter 4 of "Your Relationship with You: How to Live Life by Your Rules"

Let's start with an "easy" one:
How do you feel?

"Good"

"**Fine**"

"**No complaints**"

"Not bad"

"I'm alright, you?"

"**Oh, the
usual**"

"**Busy!**"



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How about some actual
emotion words?!

What I feel informs what I need!

Use your calming strategies from Part 1 such as breathe to calm and "The Bucket" to clear your mind of distractions & nags.

Challenge yourself to explore the next page and find 3 emotions that accurately describe your current or recent emotional state.

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Find 3 on the
next page

Emotion Word List - all my clients bring one home & use in session.

Level of Intensity	Happy	Caring	Depressed	Inadequate	Fearful	Confused	Hurt	Angry	Lonely	Guilt/Shame
STRONG	thrilled on cloud nine ecstatic overjoyed excited elated sensational exhilarated fantastic terrific on top of the world turned on euphoric enthusiastic delighted marvelous great	tenderness toward affection for captivated by attached to devoted to adoration loving infatuated cherish idolize worship	desolate dejected hopeless alienated depressed gloomy dismal bleak in despair empty barren grieved grief despair grim	worthless good for nothing washed up powerless impotent crippled inferior emasculated useless finished like a failure	terrified frightened intimidated horrified desperate panicky terror stricken stage fright dread vulnerable paralyzed	puzzled bewildered baffled perplexed trapped confounded confused full of questions in a quandary befuddled in a dilemma	crushed destroyed ruined degraded pained wounded devastated tortured disgraced humiliated anguished cast off forsaken rejected discarded	furios enraged seething outraged burned up pissed off violent hatred bitter galled vengeful hateful vicious	isolated abandoned all alone forsaken cut off	degraded mortified exposed sick at heart horrible
MODERATE	cheerful light-hearted happy serene wonderful up aglow in high spirits jovial riding high elevated neat	caring fond of regard respectful admiration concerned for hold dear prize taken with turned on trust close	distressed upset downcast sorrowful demoralized discouraged miserable pessimistic tearful weepy rotten awful horrible terrible blue lost	inadequate whipped defeated incompetent inept overwhelmed ineffective lacking deficient unable incapable small insignificant unfit unimportant incomplete	afraid scared fearful apprehensive jumpy shaky threatened distrustful risky alarmed butterflies awkward defensive	mixed up disorganized foggy troubled adrift lost at loose ends disconcerted frustrated in a bind ambivalent disturbed	hurt belittled shot down overlooked abused depreciated criticized defamed censured discredited disparaged laughed at maligned mocked used shamed	resentful irritated hostile annoyed upset agitated mad offended mean upset vindictive	lonely alienated estranged remote alone apart insulated	ashamed lost face demeaned wrong
MILD	glad good connected satisfied gratified pleasant	warm toward friendly like positive toward	unhappy down low bad blah	lacking confidence unsure of uncertain	nervous anxious unsure hesitant timid	uncertain unsure bothered uncomfortable undecided	put down neglected overlooked minimized let down	uptight disgusted bugged turned off put off	let out excluded lonesome distant aloof	regretful embarrassed at fault

Jot down the 3 emotions you are or have recently experienced here. Use the previous page to accurately label your emotions.

1. _____

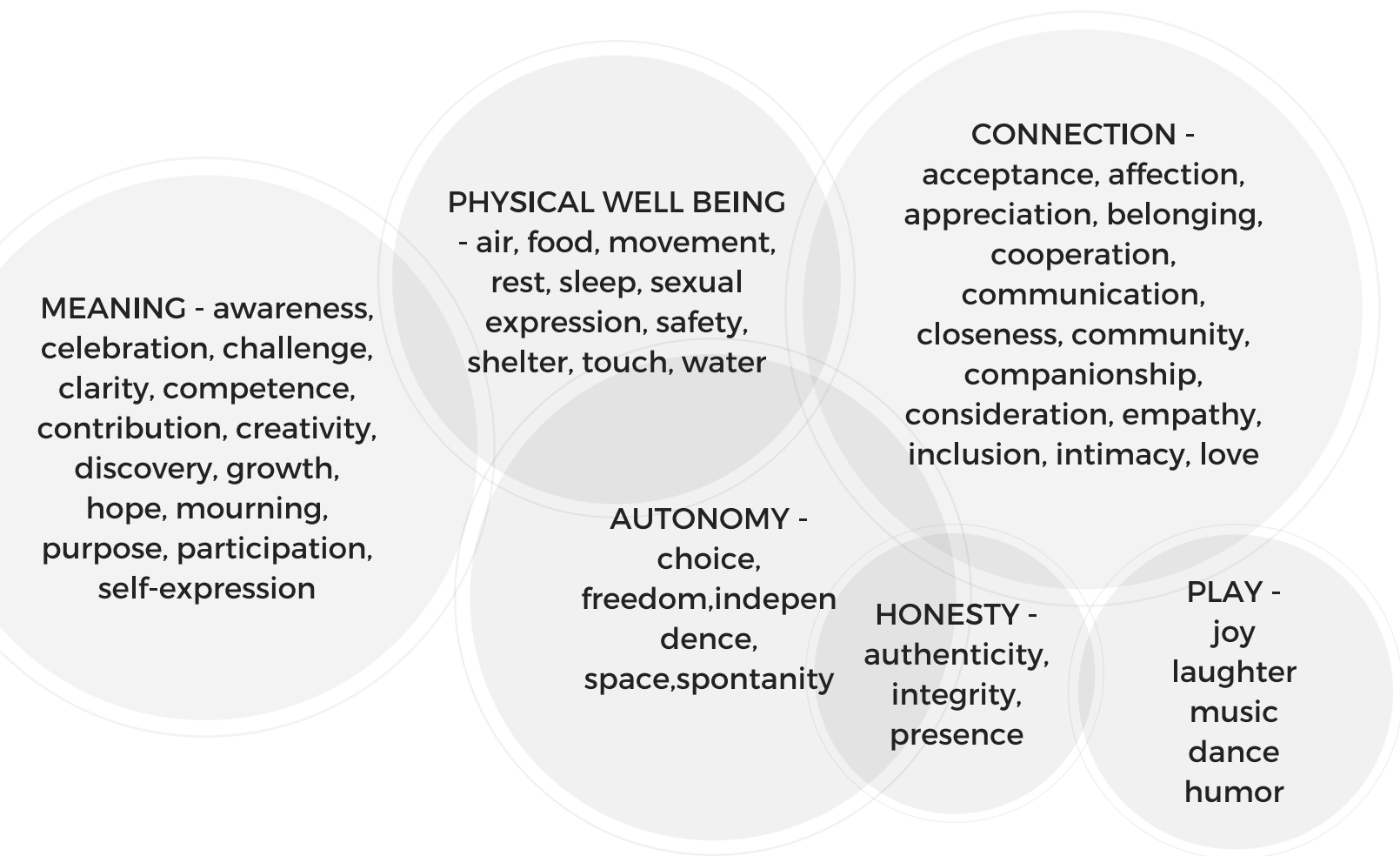
2. _____

3. _____

Keep these in mind for an exercise coming up in the workbook

Bonus clarity question: where do you feel these emotions in your body?

Let's Look at Basic Human Needs to Help Clarify Needs Based on Emotions



Start thinking about what your 3 emotions are telling you about what you need.

Let's practice learning more about your emotions and your needs

1. _____

emotion

Based on this emotion, I may need:



Let's practice learning more about your emotions and your needs

2. _____

emotion

Based on this emotion, I may need:



Let's practice learning more about your emotions and your needs

3. _____

emotion

Based on this emotion, I may need:



Let's explore some common emotions. Keep out your pens!

When I feel ANGRY...

1. Name a situation in which you felt this emotion:
2. What types of things do you say to yourself or others when you feel this emotion:
3. What kinds of things do you do when you feel this emotion:
4. Where in your body do you feel this emotion:
5. What are some of the thoughts you have when you feel this emotion:
6. When you experience this emotion, if it had a color, shape, sound and/or texture, what would those be:
7. What does this emotion tell you about what you might need?

When I feel INADEQUATE...

1. Name a situation in which you felt this emotion:
2. What types of things do you say to yourself or others when you feel this emotion:
3. What kinds of things do you do when you feel this emotion:
4. Where in your body do you feel this emotion:
5. What are some of the thoughts you have when you feel this emotion:
6. When you experience this emotion, if it had a color, shape, sound and/or texture, what would those be:
7. What does this emotion tell you about what you might need?

When I feel CONTENT...

1. Name a situation in which you felt this emotion:
2. What types of things do you say to yourself or others when you feel this emotion:
3. What kinds of things do you do when you feel this emotion:
4. Where in your body do you feel this emotion:
5. What are some of the thoughts you have when you feel this emotion:
6. When you experience this emotion, if it had a color, shape, sound and/or texture, what would those be:
7. What does this emotion tell you about what you might need?

When I feel LOSS...

1. Name a situation in which you felt this emotion:
2. What types of things do you say to yourself or others when you feel this emotion:
3. What kinds of things do you do when you feel this emotion:
4. Where in your body do you feel this emotion:
5. What are some of the thoughts you have when you feel this emotion:
6. When you experience this emotion, if it had a color, shape, sound and/or texture, what would those be:
7. What does this emotion tell you about what you might need?

When I feel EXCITED...

1. Name a situation in which you felt this emotion:
2. What types of things do you say to yourself or others when you feel this emotion:
3. What kinds of things do you do when you feel this emotion:
4. Where in your body do you feel this emotion:
5. What are some of the thoughts you have when you feel this emotion:
6. When you experience this emotion, if it had a color, shape, sound and/or texture, what would those be:
7. What does this emotion tell you about what you might need?

When I feel GRATEFUL...

1. Name a situation in which you felt this emotion:
2. What types of things do you say to yourself or others when you feel this emotion:
3. What kinds of things do you do when you feel this emotion:
4. Where in your body do you feel this emotion:
5. What are some of the thoughts you have when you feel this emotion:
6. When you experience this emotion, if it had a color, shape, sound and/or texture, what would those be:
7. What does this emotion tell you about what you might need?

When I feel NERVOUS...

1. Name a situation in which you felt this emotion:
2. What types of things do you say to yourself or others when you feel this emotion:
3. What kinds of things do you do when you feel this emotion:
4. Where in your body do you feel this emotion:
5. What are some of the thoughts you have when you feel this emotion:
6. When you experience this emotion, if it had a color, shape, sound and/or texture, what would those be:
7. What does this emotion tell you about what you might need?

When I feel FRUSTRATED...

1. Name a situation in which you felt this emotion:
2. What types of things do you say to yourself or others when you feel this emotion:
3. What kinds of things do you do when you feel this emotion:
4. Where in your body do you feel this emotion:
5. What are some of the thoughts you have when you feel this emotion:
6. When you experience this emotion, if it had a color, shape, sound and/or texture, what would those be:
7. What does this emotion tell you about what you might need?

Practice being you even more (use emotion word list):

The emotion I struggle most with _____.

1. Name a situation in which you felt this emotion:

2. What types of things do you say to yourself or others when you feel this emotion:

3. What kinds of things do you do when you feel this emotion:

4. Where in your body do you feel this emotion:

5. What are some of the thoughts you have when you feel this emotion:

6. When you experience this emotion, if it had a color, shape, sound and/or texture, what would those be:

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4. Where in your body do you feel this emotion:

5. What are some of the thoughts you have when you feel this emotion:

6. When you experience this emotion, if it had a color, shape, sound and/or texture,

what would those be:

7. What does this emotion tell you about what you might need?

Practice being you even more (use emotion word list):

The emotion I struggle most with _____.

1. Name a situation in which you felt this emotion:

2. What types of things do you say to yourself or others when you feel this emotion:

3. What kinds of things do you do when you feel this emotion:

4. Where in your body do you feel this emotion:

5. What are some of the thoughts you have when you feel this emotion:

6. When you experience this emotion, if it had a color, shape, sound and/or texture, what would those be:

7. What does this emotion tell you about what you might need?

Part 2 In Review

You just did a ton of emotional heavy lifting! Take some breaths....

1. Accurately identify what you feel.
2. Explore needs based on emotion.
3. Investigate thoughts, actions, body, etc. based on emotion.

Coming up in Part 3

1. Accurately identify what you feel.
2. Explore needs based on emotion.
3. Investigate thoughts, actions, body, etc. based on emotion.



Tend to You & Your Relationships

Part 3: Relationship
Know-How

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For more see chapter 10 of "Your
Relationship with You: How to Live
Life by Your Rules"

Connection & Ease

Calm, Clarity & Now Turning Toward Others

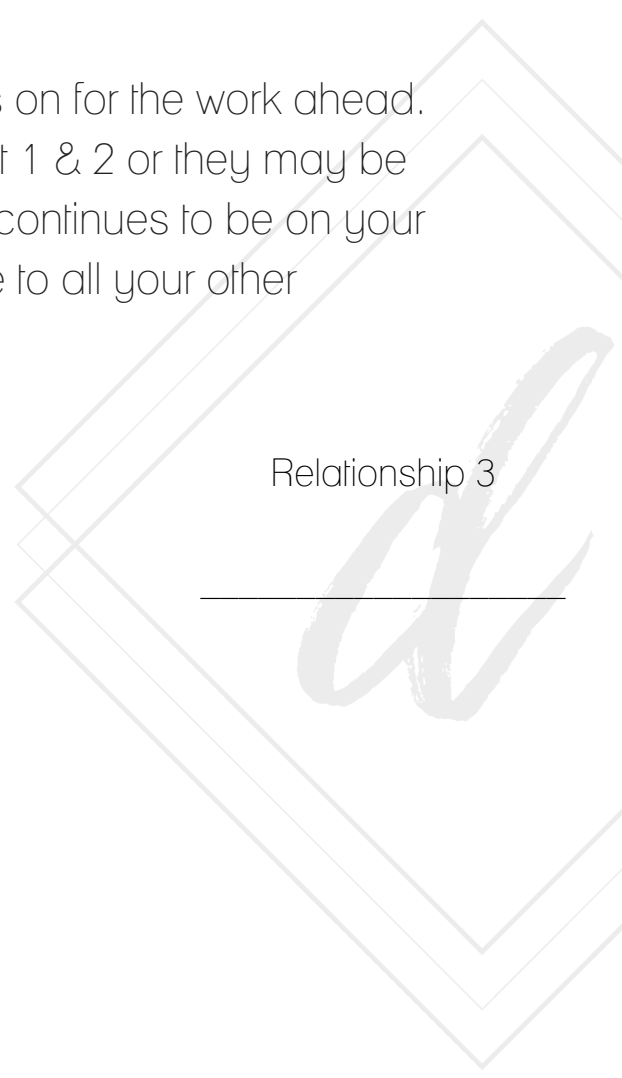
Take note of the relationships you plan to focus on for the work ahead. These may be the same relationships from Part 1 & 2 or they may be different. In any case, the relationship with you continues to be on your list. Your relationship with you is the cornerstone to all your other relationships.

Relationship 1

you

Relationship 2

Relationship 3



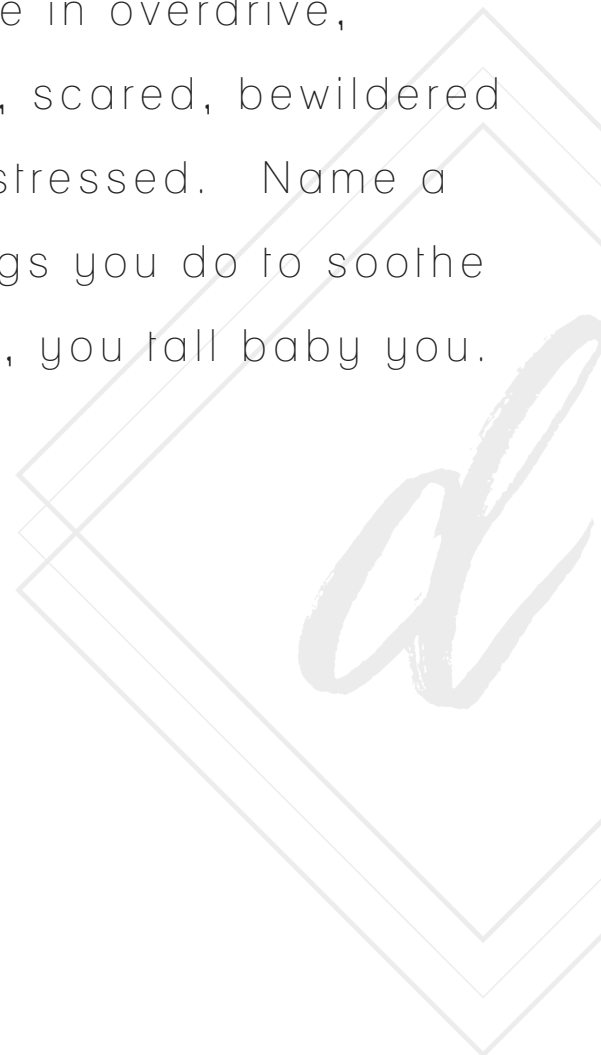
We Are All Just Tall Babies

Don't be shocked, don't be insulted. I am a tall baby too. So what the heck am I talking about? Way back when, we were all born from a woman's body. Our senses were in overdrive....maybe we felt anxious, scared, bewildered, curious. Where am I? What is THIS? Likely it was bright, cold and loud. Chances are we were cleaned, swaddled, and spoken to. Most of us were laid on our birth mother's chest... For many of us we began to experience being soothed, assured, safe and stress relief.



Fast forward to present day... think of situations, people, places, things, memories in which you felt you were in overdrive, anxious, scared, bewildered and/or stressed. Name a few things you do to soothe yourself, you tall baby you.

- 1.
- 2.
- 3.
- 4.
- 5.



Babies Need T.A.B.S., You Need T.A.B.S

There is science to prove it!

Research tells us babies cannot thrive with only food, water, and shelter...A baby requires a relationship with a caregiver in which s/he can feel: trust, assurance, boundaries and safety. Aaaaaand you guessed it. We are all just tall babies so no matter our age, level of responsibility, and even if we are parents providing caregiving to children, our basic needs remain: connection and relationship with another that includes trust, safety, boundaries and (emotional) safety.



1. Trust
2. Assurance
3. Boundaries
4. Safety

Who gives you the warm and fuzzy feelings of T.A.B.S.? Maybe it's one person, a group of people, a family member, a partner, a mentor, a congregation. Most importantly, do you provide yourself T.A.B.S. in your relationship with yourself? Are you able to decipher the presence & absence of T.A.B.S in your relationships?

A.R.R.E. You There for Me?

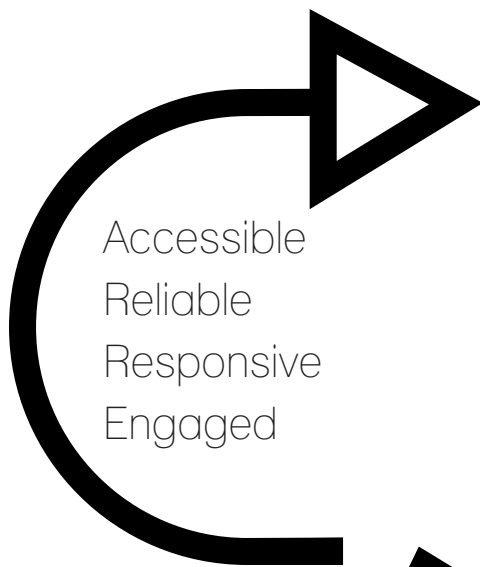
Listen, most of us have a desire for easier and more connected relationships.

Relationships require give and take. This portion of the workbook is what I affectionately call The Relationship Playbook. TRP is designed to help you determine how well YOU show up in relationships, how well someone shows up for you as well as to determine what you may need more of. Sure, all of A.R.R.E. sounds good but do you need 100% of each to have a relationship that satisfactorily meets your T.A.B.S. needs? Likely not, so let's fine tune your needs. A.R.R.E. you:

1. Accessible
2. Reliable
3. Responsive
4. Engaged

The "How" for
Healthy
Relationships

The "What" of
Healthy
Relationships



Being these

Builds these

So, do you think your degree of need in any of these areas is EXACTLY like another person's degree of need? That's right. A big ol' NOPE. You must understand your own needs before you understand another's. You must meet and get your needs met in your most important relationships.

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influenced by the work of Dr. Sue Johnson

Level of Intensity	Happy	Caring	Depressed	Inadequate	Fearful	Confused	Hurt	Angry	Lonely	Guilt/Shame
STRONG	thrilled on cloud nine ecstatic overjoyed excited elated sensational exhilarated fantastic terrific on top of the world turned on euphoric enthusiastic delighted marvelous great	tenderness toward affection for captivated by attached to devoted to adoration loving infatuated enamored cherish idolize worship	desolate dejected hopeless alienated depressed gloomy dismal bleak in despair empty barren grieved grief despair grim	worthless good for nothing washed up powerless impotent crippled inferior emasculated useless finished like a failure	terrified frightened intimidated horrified desperate panicky terror stricken stage fright dread vulnerable paralyzed	puzzled bewildered baffled perplexed trapped confounded confused full of questions in a quandary befuddled in a dilemma	crushed destroyed ruined degraded pained wounded devastated tortured disgraced humiliated anguished cast off forsaken rejected discarded	furios enraged seething outraged burned up pissed off violent hatred bitter galled vengeful hateful vicious	isolated abandoned all alone forsaken cut off	degraded mortified exposed sick at heart horrible
MODERATE	cheerful light-hearted happy serene wonderful up aglow in high spirits jovial riding high elevated neat	caring fond of regard respectful admiration concerned for hold dear prize taken with turned on trust close	distressed upset downcast sorrowful demoralized discouraged miserable ineffective pessimistic tearful weepy rotten awful horrible terrible blue lost	inadequate whipped defeated incompetent inept overwhelmed ineffective lacking deficient unable incapable small insignificant unfit unimportant incomplete	afraid scared fearful apprehensive jumpy shaky threatened distrustful risky alarmed butterflies awkward defensive	mixed up disorganized foggy troubled adrift lost at loose ends disconcerted frustrated in a bind ambivalent awkward disturbed	hurt belittled shot down overlooked abused depreciated criticized defamed censured discredited disparaged laughed at maligned mocked used shamed	resentful irritated hostile annoyed upset agitated mad offended mean upset vindictive	lonely alienated estranged remote alone apart insulated	ashamed lost face demeaned wrong
MILD	glad good connected satisfied gratified pleasant	warm toward friendly like positive toward	unhappy down low bad blah	lacking confidence unsure of uncertain	nervous anxious unsure hesitant timid	uncertain unsure bothered uncomfortable undecided	put down neglected overlooked minimized let down	uptight disgusted bugged turned off put off	let out excluded lonesome distant aloof	regretful embarrassed at fault

Use The Emotion Words List for the exercises on the following pages

Think back to the list you made of soothing behaviors a few pages back. For me, reaching out to friends, spending time with my partner, seeking support from my therapist, "escape" to the tranquility of nature, exercise, a hot bath, a good night sleep. Each of my examples supports at least one of the TABS. AND! These soothing behaviors demonstrate the healthy relationship I have with me.

When TABS are met in relationships with ourselves or others, we can more easily self soothe, have the safety and security to ask for needs to be met, and to meet needs. Relationships are easier and more connected,

All Tall Babies & Relationships Require:

1. Trust
2. Assurance
3. Boundaries
4. Safety

Building The Relationships Playbook

In the following pages you will be engaged in a number of exercises to help you begin to build your own personalized "Relationship Playbook". The idea of a Relationship Playbook is to give you a starting place in creating more connection and ease in your most essential relationships. Some of the language in the exercises implies a romantic partner but if this is not the relationship in which you want more connection and ease forego the language and answer the questions regarding the relationship of your choice.

The Relationship Playbook will provide you insight into:

- How accessible your partner is based on your experience
- How responsive your partner is based on your experience
- How reliable your partner is based on your experience
- How engaged your partner is based on your experience
- How you feel about these 4 areas of your relationship
- What negative beliefs you might have about yourself based on the 4 areas of your relationships
- What needs to change based on your answers
- Aaaaand! What is going really well in your relationship! These should be celebrated and leveraged!

Accessibility:

A.R.R.E. You There for Me?

Here's just a small sample of true/false questions however they will get you started in exploring the 4 "how's" in order to build the 4 "what's" we need in relationships. "How" we create more ease and connection in relationships are: Accessibility, Responsive, Reliability and Engagement.

Answer True or False.

1. I am not feeling lonely or shut out of this relationship: True or False
2. I can share my deepest feelings with my partner. True or False
3. My partner shows me that I come first to him/her. True or False

In the space below, reflect on an interaction with your partner related to any question in which you answers "false". List emotions and negative beliefs about yourself.

Negative beliefs about the self typically start with "I am _____" or "I am not _____"

For all "true" answers , use this information to have a conversation with your partner about what you appreciate, what is working and where your needs are being met. This is part of your Relationship Playbook called : what is going well!

Responsive:

A.R.R.E. You There for Me?

Here's just a small sample of true/false questions however they will get you started in exploring the 4 "how's" in order to build the 4 "what's" we need in relationships. "How" we create more ease and connection in relationships are through: Accessibility, Responsive, Reliability and Engagement.

Answer True or False.

1. If I need connection and comfort, my partner will be there for me. True or False
2. My partner responds to signals that I need him/her to come close. True or False
3. I can lean on my partner when I feel anxious or ill-at-ease. True or False

In the space below, reflect on an interaction with your partner related to any question in which you answers "false". List emotions and negative beliefs about yourself.

Negative beliefs about the self typically start with "I am _____" or "I am not _____"

For all "true" answers , use this information to have a conversation with your partner about what you appreciate, what is working and where your needs are being met. This is part of your Relationship Playbook called : what is going well!

Reliable:

A.R.R.E. You There for Me?

Here's just a small sample of true/false questions however they will get you started in exploring the 4 "how's" in order to build the 4 "what's" we need in relationships. "How" we create more ease and connection in relationships are through: Accessibility, Responsive, Reliability and Engagement.

Answer True or False.

1. My partner will do what he/she says he/she will do. True or False
2. If I need his/her word on something, I get it and believe it. True or False
3. I feel my partner is predictable in his/her reactions to my emotional needs. True or False

In the space below, reflect on an interaction with your partner related to any question in which you answers "false". List emotions and negative beliefs about yourself.

Negative beliefs about the self typically start with "I am _____" or "I am not _____"

For all "true" answers , use this information to have a conversation with your partner about what you appreciate, what is working and where your needs are being met. This is part of your Relationship Playbook called : what is going well!

Engaged:

A.R.R.E. You There for Me?

Here's just a small sample of true/false questions however they will get you started in exploring the 4 "how's" in order to build the 4 "what's" we need in relationships. "How" we create more ease and connection in relationships are through: Accessibility, Responsive, Reliability and Engagement.

Answer True or False.

1. I feel very comfortable being close to and trusting my partner. True or False
2. I can confide in my partner about almost anything. True or False
3. I feel confident, even when we are apart, that we are connected to each other. True or False

In the space below, reflect on an interaction with your partner related to any question in which you answers "false". List emotions and negative beliefs about yourself.

Negative beliefs about the self typically start with "I am _____" or "I am not _____"

For all "true" answers, use this information to have a conversation with your partner about what you appreciate, what is working and where your needs are being met. This is part of your Relationship Playbook called : what is going well!

Plays Needing Change

List all the "false" answers, common emotions and negative beliefs from your reflections on the 4 previous pages.

This page is the work you need to do for you, either on your own or a supportive licensed therapist. We want to examine the lens from which we experience the world around us and what activates our negative beliefs. From there we can turn toward another with greater clarity, with less activation to seek getting our T.A.B.S fed by A.R.R.E.

Solid Plays in Your Relationship-- Share & Celebrate
with the person you share a relationship with

List all the statements you answered "true" from the 4 A.R.R.E. pages.

Let's explore your own personal T.A.B.S.

T.A.B.S are the "what" of relationships we need in order to have connection & ease. Based on my book "Your Relationship with You: How to Live Life by Your Rules", I encourage you to investigate how each element of T.A.B.S. exists within your life and experiences.

Trust

1. I typically feel trust when I am:

2. When I trust I say to myself or others:

3. When I trust I tend to make decisions related to:

4. When I trust I tend to think:

6. The people I trust tend to have this trait in common:

7. The company/service providers who I trust tend to have this in common

8. Trust can be an instinctual response (well, it is but we struggle to "trust" our instincts) so, when you feel/hear your own instincts respond, what is that like for you?

What are you discovering about you, trust and your most essential relationships?



T.A.B.S are the "what" of relationships we need in order to have connection & ease. Based on my book "Your Relationship with You: How to Live Life by Your Rules", I encourage you to investigate how each element of T.A.B.S. exists within your life and experiences.

Assurance

1. I typically feel assured when I am:

2. When I am assured I say to myself or others:

3. When I am assured I tend to make decisions related to:

4. When I am assured I tend to think:

6. The people who assure me tend to have this trait in common:

7. The company/service providers who I feel assured about tend to have this in common

8. Assurance can be an instinctual response (well, it is but we struggle to "trust" our instincts) so, when you feel/hear your own instincts respond, what is that like for you?



What are you discovering about you, assurance and your most essential relationships?



T.A.B.S are the "what" of relationships we need in order to have connection & ease. Based on my book "Your Relationship with You: How to Live Life by Your Rules", I encourage you to investigate how each element of T.A.B.S. exists within your life and experiences.

Let's explore boundaries: too few & weak as well as too many and too firm

1. One area I need to be more flexible about a boundary I might keep too firm and rigid:

2. I keep boundaries where I don't necessarily need them to balance out which other elements of TABS....

3. Keeping boundaries where I don't necessarily need them impacts my relationships in this way...

4..One area I need to have more firm boundaries is....

5.I have yet to make boundaries in this area because....

6. Not having firm boundaries in this area impacts my relationships in this way...



What are you discovering about you, boundaries, and your most essential relationships?

What are you discovering about you, boundaries and your most essential relationships?

T.A.B.S are the "what" of relationships we need in order to have connection & ease. Based on my book "Your Relationship with You: How to Live Life by Your Rules", I encourage you to investigate how each element of T.A.B.S. exists within your life and experiences.

Emotional Safety

1. I typically feel emotionally safe when I am:
2. When I am emotionally safe I say to myself or others:
3. When I am emotionally safe I tend to make decisions related to:
4. When I am emotionally safe I tend to think:
5. When I am emotionally safe I tend to feel:
6. The people who feel emotionally safe to me tend to have this trait in common:
7. The company/service providers who I feel emotionally safe with tend to have this in common:
8. Assurance can be an instinctual response (well, it is but we struggle to "trust" our instincts) so, when you feel/hear your own instincts respond, what is that like for you?

Phew! That was a tremendous amount of work and you stuck with it.

Congratulations!

I hope you gained value about tending to you and your relationships.

Taking a page from the beginning of this workbook, let's take a moment to pause, breathe & calm. Set a timer, attempt to sit in quiet for one minute. Get really quiet with yourself

Calm...

Breathe...

Quiet...

Ground yourself...

Notice you...



In your state of calm, I want you to write your own summary of this work and experience with the work you accomplished.

Sure, I am the author and creator but this is for you and about you.

Go back to the calm state and ask yourself what the 3 most important take aways you have based on the work.

You will record these for yourself on the next page. Take all the time you need to return to your calm state, perhaps ask your gut to help you decide, "what are the 3 most important elements of learning I will commit to implementing, exploring or practicing."

Tending to You & Relationships

I commit to:

1.

2.

3.



Final Thoughts:

I really appreciate the human desire for more rewarding relationships -with self and others. I don't want to sound like a downer, but relationships are really hard at times. My hope is to share my expertise and what I teach "behind closed doors" to my private clients with more and more people. I truly hope the material within this workbook "Tending to You & Your Relationships" added value to your relationships, provoked thought and started you on a path of relationships with more connection & ease.

For more visit www.DeniseOnofrey.com

Visit Amazon.com to order the book "Your Relationship with You:
How to Live Life by Your Rules"

xoxo
denise
ONOFREY