

How to Not Lose Yourself in a Relationship

✨ WHAT HEALTHY INDEPENDENCE IN A RELATIONSHIP LOOKS LIKE ✨

1. What are some hobbies or activities that you enjoy? What do you enjoy about these hobbies/activities?

2. Set aside some time this week to dedicate time to a hobby or activity that brings you joy. If you can only dedicate 30 minutes of your week to this activity, that's okay. Getting started is the first step (and often, the most difficult).

3. Think about your most important friendships, what do you find special or unique about these relationships? How can you foster these relationships so that they continue to grow?

4. Dedicate time to your friends. Even if it's just a phone call, set aside some time this week to speak with or meet up with an important relationship in your life that isn't your partner.

5. Self-care is incredibly important and often neglected thanks to our busy schedules, relationship needs, and needs of others. Take some time to think about what you need. What are your needs, what do you value, what are some ways that you can show yourself love this week?

6. Finding the time to practice self-care is usually the most difficult part of self-care. Self-care doesn't have to look like a 3-hour spa trip (unless that's what works for you). Self-care can be as simple as enjoying a quiet cup of coffee in the morning, reading a book, or going for a walk. Whatever your self-care routine looks like, it's valuable. Begin by setting aside time daily or weekly that you can focus on just yourself.
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✨ COMMUNICATING YOUR NEEDS ✨

1. Think about the aspects of independence that you've learned about from How to Not Lose Yourself in a Relationship. What aspects of independence are important to you? How can you best express this to your partner?

2. It's easy to get wrapped up in a relationship, especially in the beginning. Think about how you can talk to your partner about the ways you both can still identify as individuals while also creating a relationship together. What does that look like for each of you and your relationship?

3. This can be the tough one, boundaries. What boundaries are needed in your relationship and your relationships with others to have a happier, healthier relationship with your partner? What boundaries do you need in order to maintain a healthy self-identity?

4. What are some of the unique traits, hobbies, and characteristics that you love about your partner? What are some of the things that make your partner special to you and help identify them as an individual?

✨ LETTING GO OF CONTROL ✨

1. What events or people have caused me to feel out of control in the past? What emotions did this cause me to feel?

2. How am I benefitting from attempting to control my partner?

3. What am I afraid will happen if I give up my control attempts?

4. In what ways does my effort to have control actually end up controlling me (emotionally, mentally, physically)?

✨ HOW TO NOT LOSE YOURSELF IN A RELATIONSHIP ✨

1. What areas of my life am I willing to compromise on vs. areas I am not willing to compromise? Why are these areas important to me?

2. What are some ways I can continue to show up for myself and my partner?

3. Is showing up for myself hurting my relationship or my partner? If not, how can I release any feelings of guilt I may have for honoring my own needs?
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