

24 *life changing*
questions to ask
yourself when you
are struggling with
your *relationships.*



If you are reading this it means you care. It means you know the importance of relationships and you know that it only takes one person to make big changes.

Hi I am Rebecca Poole, founder of *The Enriching Relationships Program, The Mastering Relationships Program and The Building Love and Intimacy Program*. It really pains me to see amazing people living in less than amazing relationships. I know how much a relationship impacts a person's life and how they can be a biggest support or our most difficult challenge. I have spent years and years (actually the best part of the last 2 decades) supporting people with their relationships and I am here to tell you that change is more than possible within relationships that have lost their spark.

As you read through this *journal* you will find that what it offers is a very different approach to relationships. What you will unfold through reading on, is the exact self-reflective questions required to make true change within your relationship. If you continue to hang around me, you will learn the keys to not just standard, get through life without fighting type of relationships, but ones that enrich to the depth of your being. This journal is not just something you fill in to try out some new fad tips. This journal ignites shifts within you that will support you to truly understand where you are at, what you truly feel and start the process of healing your relationship issues. This journal will inspire you to ponder the deeper meanings and aspects of relationships, things that are necessary for real long term enrichment. One of the greatest things about this approach is that you will not only learn about your relationships, you will learn an enormous amount about yourself . . . and that is fertile ground for true and lasting change.

Relationships can be magnificent. They can also be one of our most challenging aspects of life. They can be the biggest support in your life or the most devastating and destructive plague on your life. Which of those stories are you going to choose? If you decide to stick around and get to know me and become part of my community, you will get to know just how enriching relationships can be.

Finally, my promise to you is that I will challenge you to think differently, encourage you to contemplate things you may have never thought about and ask you to ponder on questions you may have avoided for a long time.

This journal is only the very beginning of what I share and teach, so make sure you have joined my free Facebook group *The Real Deal on Relationships, Love, Intimacy, Connection and Marriage* and soak up some of what is on offer.

With love, joy and respectful sass,

Rebecca

BEFORE I OPEN THE DOOR TO THIS ^

We need to set the ground rules. To be honest, I am not a rule type of woman so when I say rule I actually mean standards. I can't share these life changing questions with you in true integrity without offering some standards first. In no way is any of what I share, shared with the intention to make you feel bad about yourself. So, can I ask that your intention while answering these questions is not at all to dump, drop, loath or judge yourself? Sure you may have some uncomfortable realisations but if they are left as uncomfortable aha moments and not twisted to a search and destroy operation then they can be your most powerful ally. Uncomfortable moments, when openly and willingly accepted are the key ingredient to true and lasting change.



EMPOWERING YOURSELF THROUGH RESPONSIBILITY

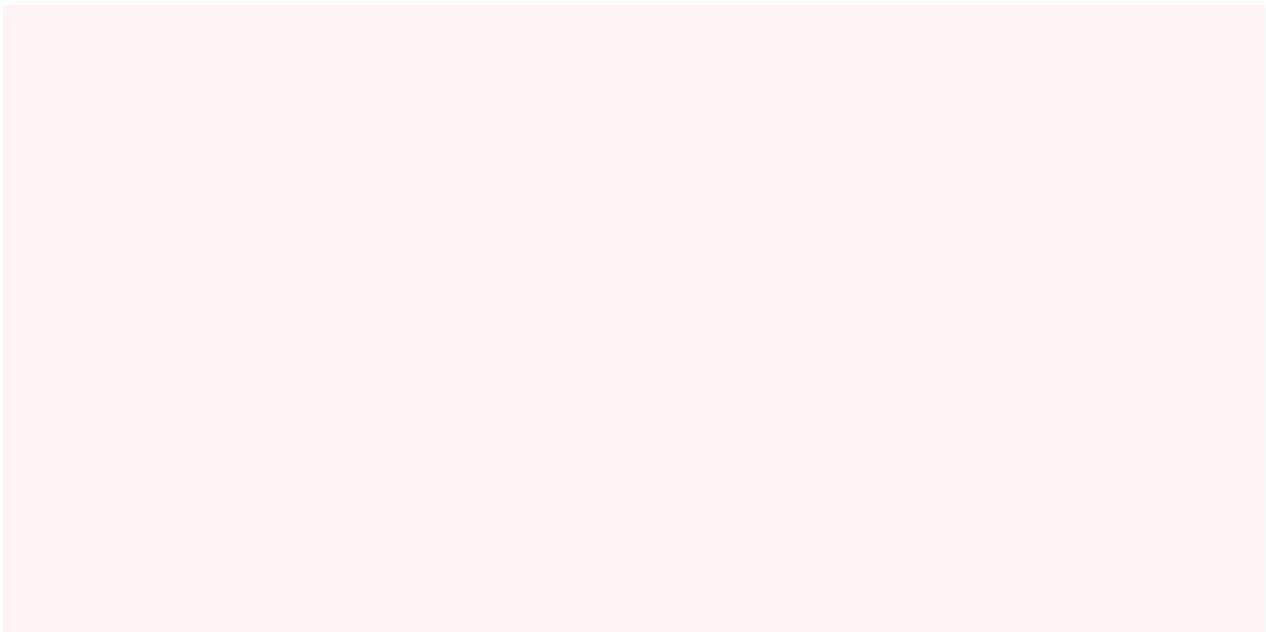
Did you know that responsibility's twin sister is empowerment? It's true, the more true responsibility you feel in your life, the more empowered you become. Every moment in life, no matter who is doing what to you is an opportunity for self reflection, deeper meaning and growth. To truly feel this and then take the steps to live this approach in your everyday life is a very freeing experience. You are free from the loading of blame, free from being a victim and free from much of life's drama. Throughout this journal, I encourage you to be aware, thoughtful and sensitive to what you deep down feel and use this greater awareness for good, not evil. Don't turn it on yourself and don't turn it on someone else. Every step we make, has been a step we have chosen, even if that choice was to not be aware, not feel and not discern. Every step we take can be a step that we take in alignment to who we deep down are, or it can be a step that serves some outer needs, expectations or burdens we have consciously or unconsciously accepted to carry. Today can be a day that you decide to start to lay down the outer layers that in truth do not serve you and start to allow yourself to be ignited by what feels deeply true and enriching. I am honoured to be standing next to you, while you take these next steps.

24 *life changing* questions to ask yourself when you are struggling with your *relationships*.

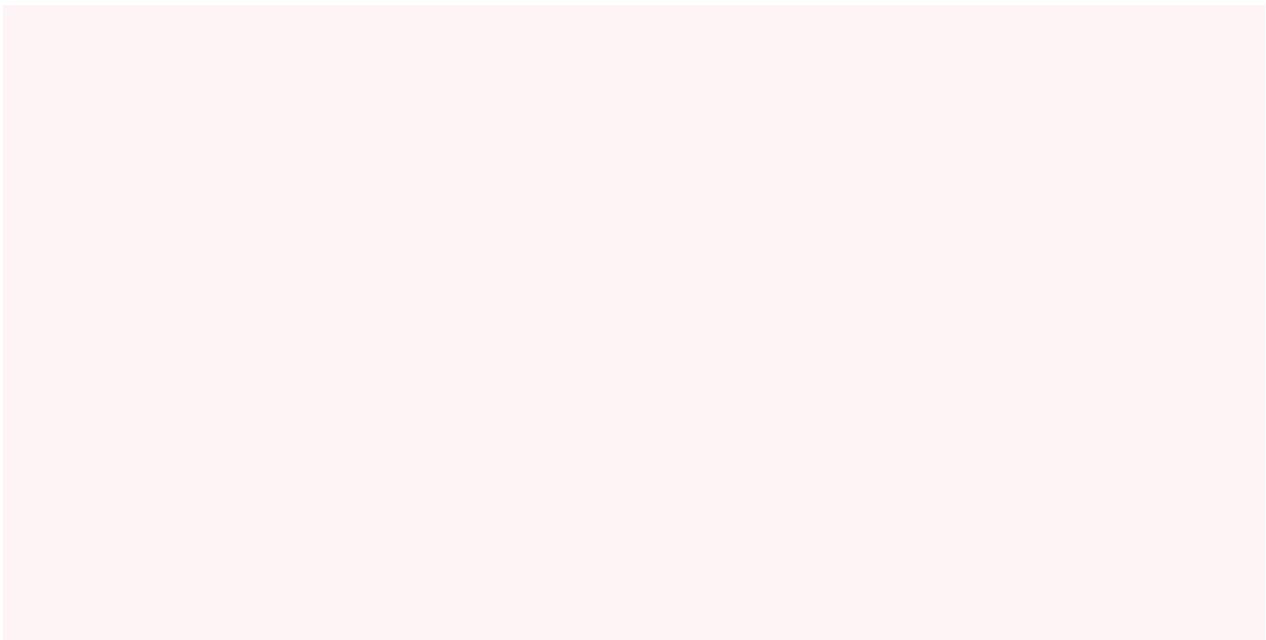
PART ONE: WHERE AM I AT?

Read through these questions and allow the answers to *arrive from within*. Let what you truly feel, understand and read about the situation surface from a deeper knowing without second guessing it, doubting, judging or making it wrong. I would much rather you write what is authentically there for you to write than try to get the “right” answer. There is actually no such thing!

Q1. What is the number 1 thing that doesn't feel true about my relationship?



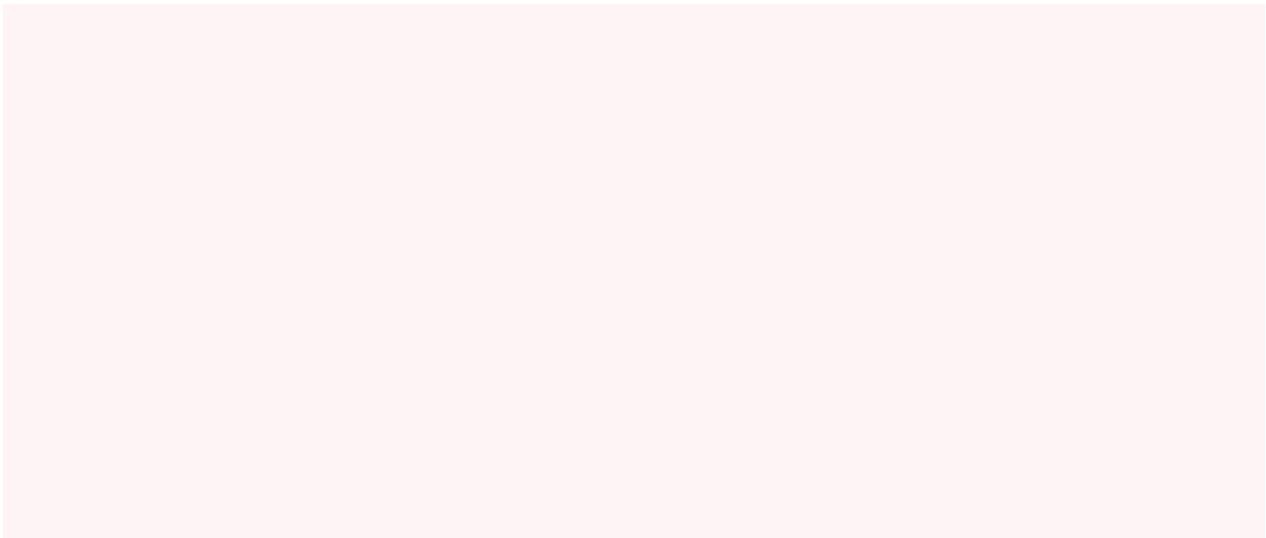
Q2. How long has this not felt true?



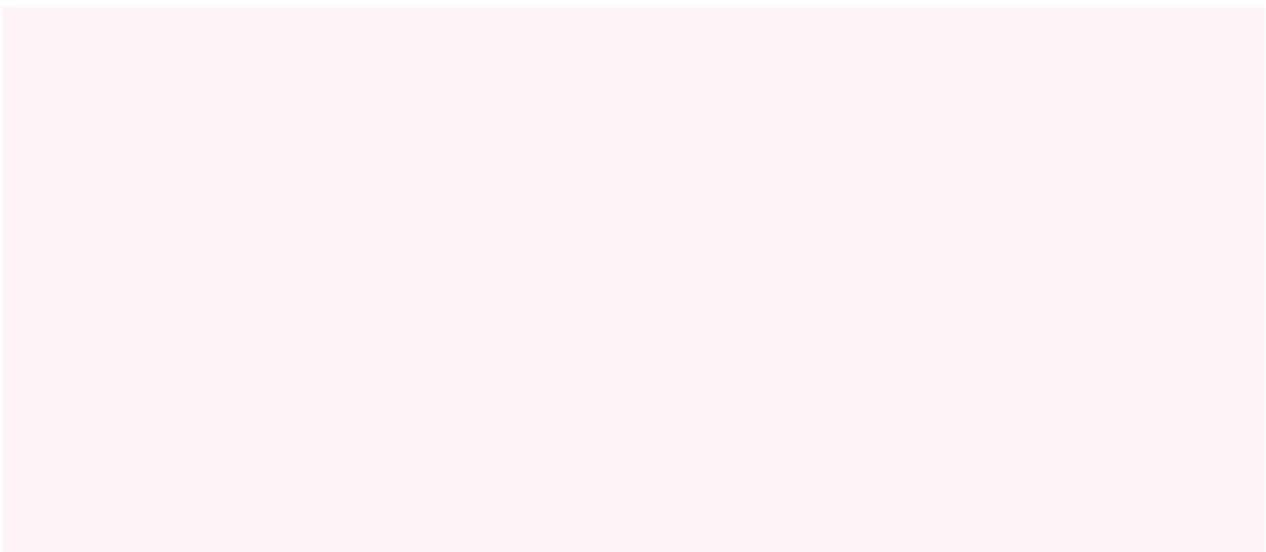
Q3. What do I do, what behaviours, vices or distractions do I use to not feel this problem?



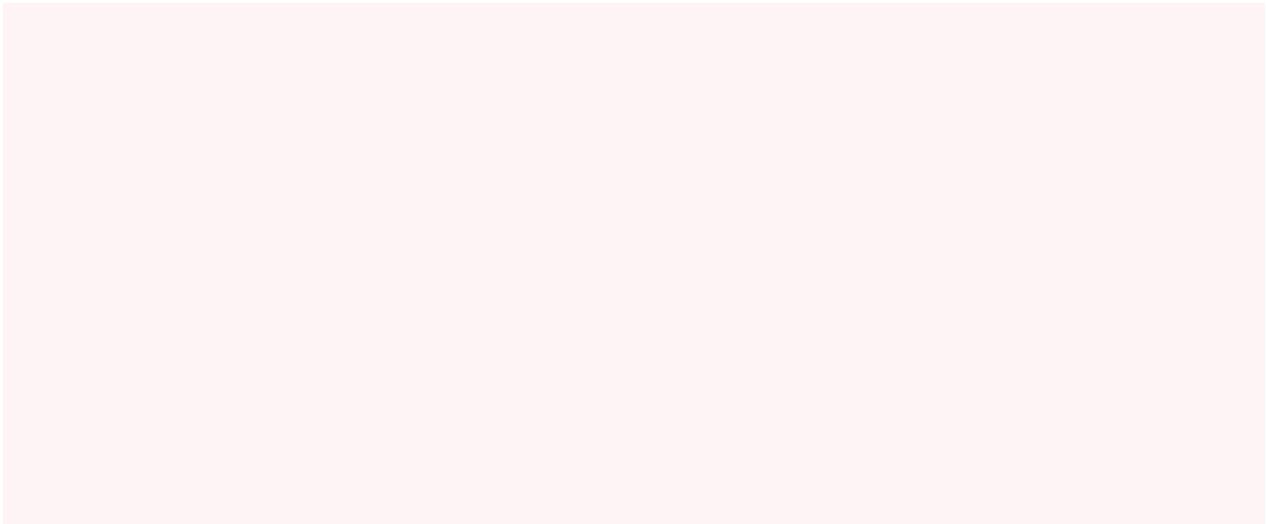
Q4. How do these “coping” behaviours affect me? Do they have other negative impacts?



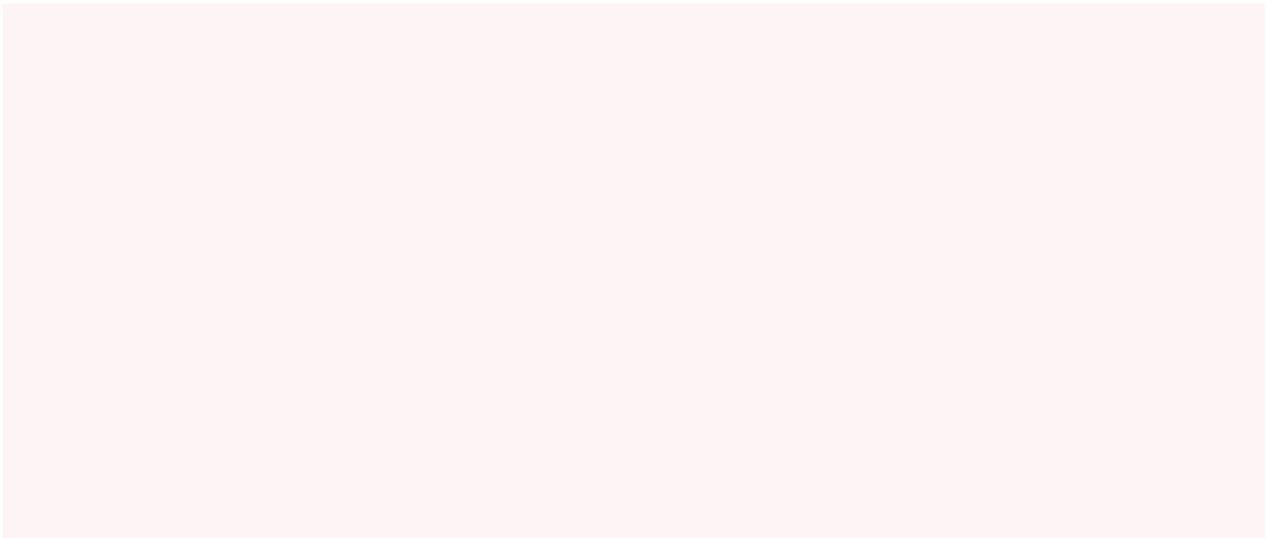
Q5. How do these “coping” behaviours affect those around me?



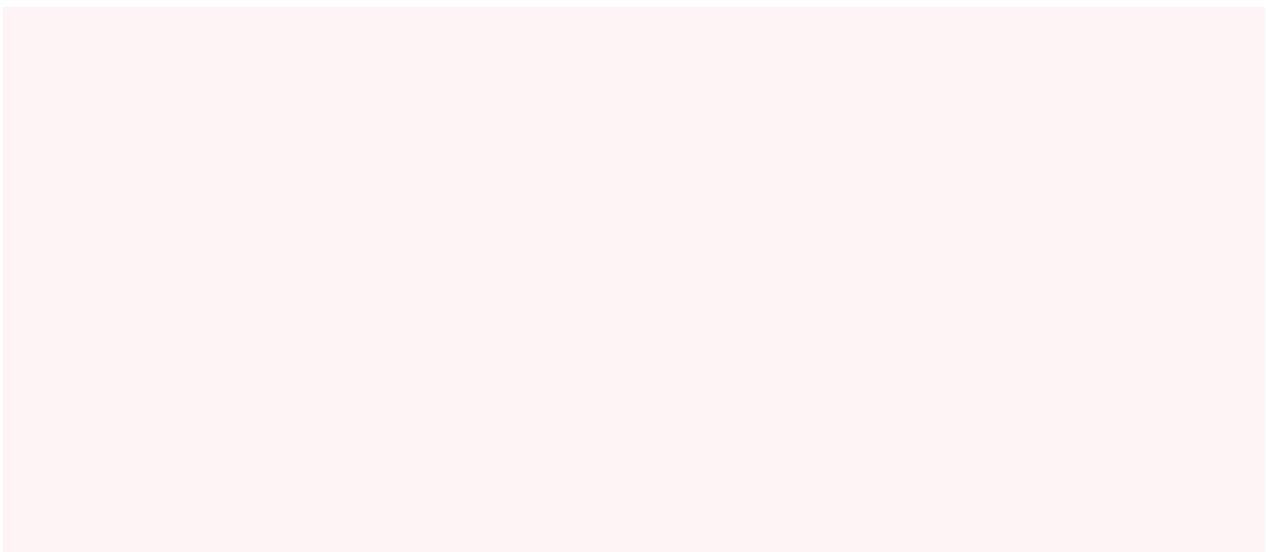
Q6. What would my life look like if I didn't have this vice / behaviour?



Q7. What is the one thing I feel I need to do to address the number 1 thing that doesn't feel true in my relationship?



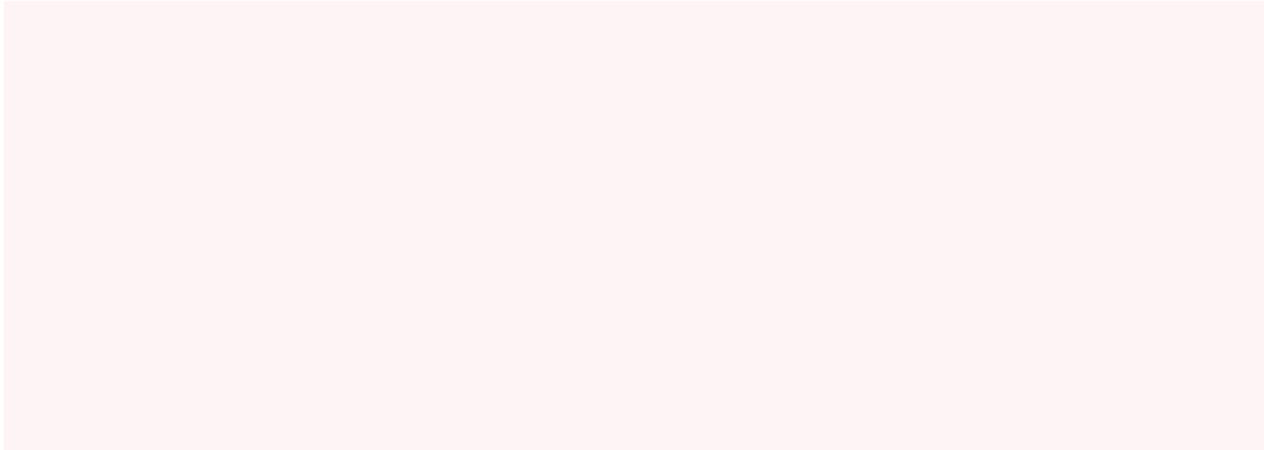
Q8. What stops me from doing the one thing I feel I need to do?



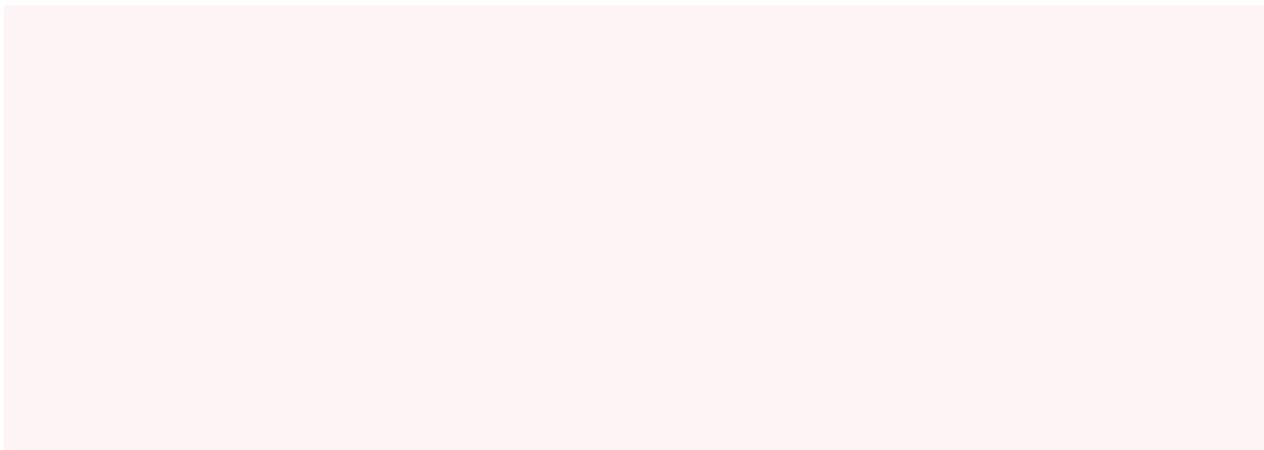
PART TWO: WHERE HAVE I BEEN?

Answer each question as honestly as you can. If you are not sure of an answer just sit with it and let it percolate as you move on to the other questions. You can always come back and fill out the answers more thoroughly as more *insight and awareness comes to you*.

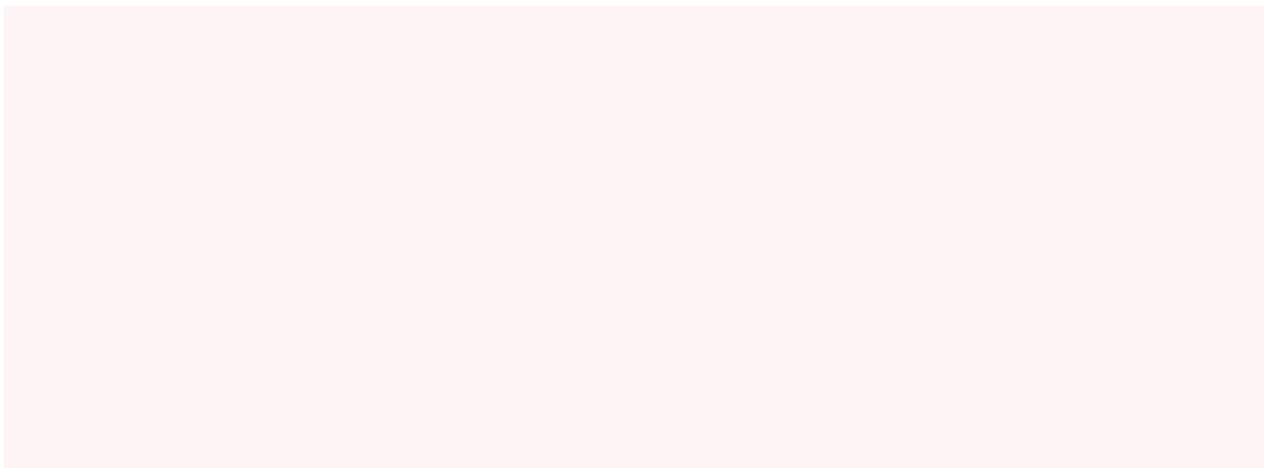
Q9. Am I carrying any loading or baggage with me from past relationships?



Q10. Am I carrying any loading or baggage from my childhood? Observing my parents' relationship or anything else that feels unresolved?



Q11. Did I have a role model for true relationships? If so who was it and what were the qualities they role modeled that felt true to me?



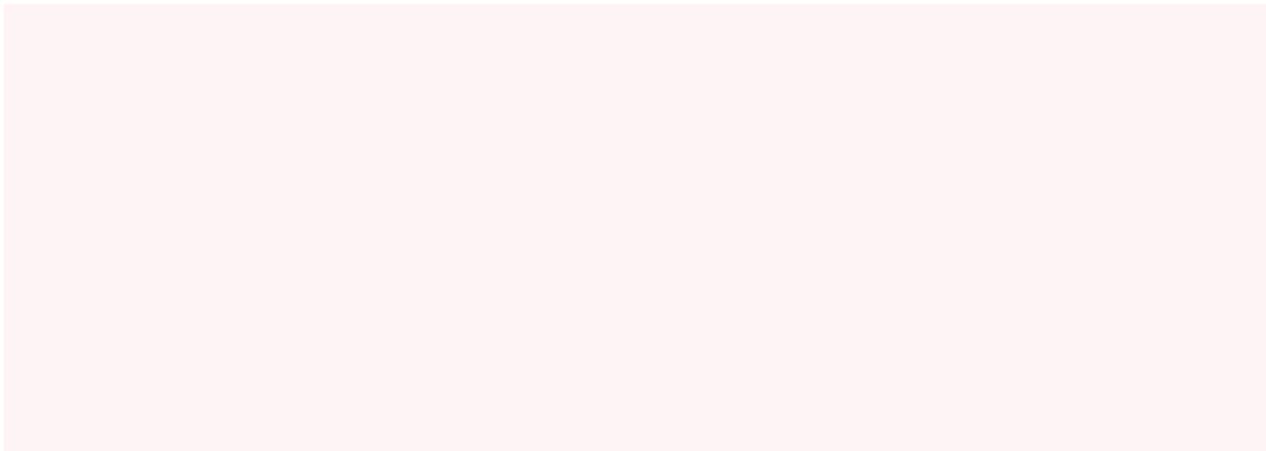
PART THREE: WHAT DO I BRING?

It is not always easy to see the *worst and best of us*. What is helpful to understand is that the *worst* is always coming from an outer layer of unresolved experience. It is not native to us even though we can feel we have been carrying the issue for longer than a lifetime. The *best* can be even harder to accept as it comes from our core and we tend to be shy or even unwilling to let it out without reserve, playing it down or justifying why it isn't that great.

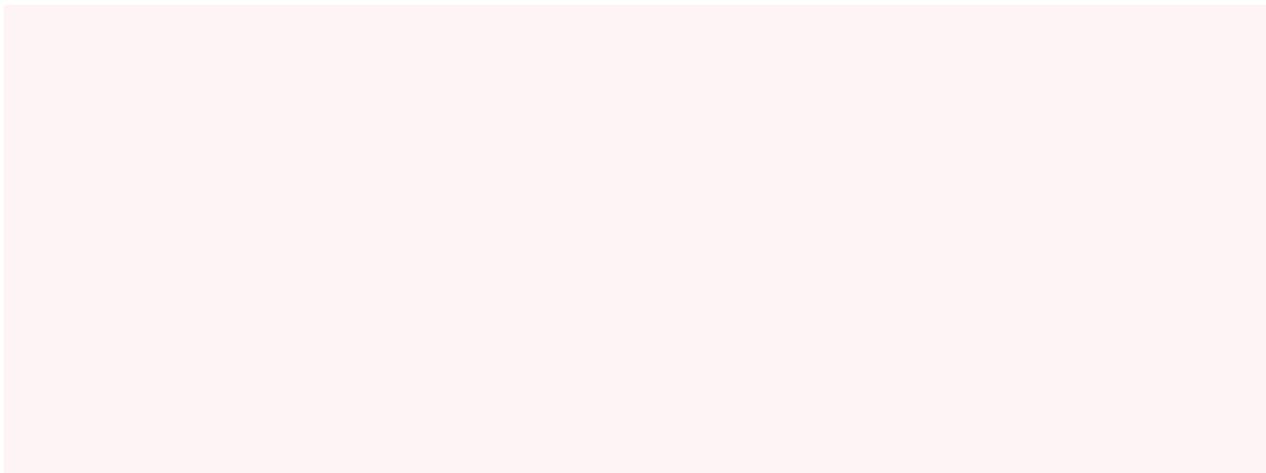
Q12. When I am feeling triggered what do I do? Do I react or blame, get hurt, emotional, angry, resentful? What loading do I bring to the relationship? Am I needy, moody etc?



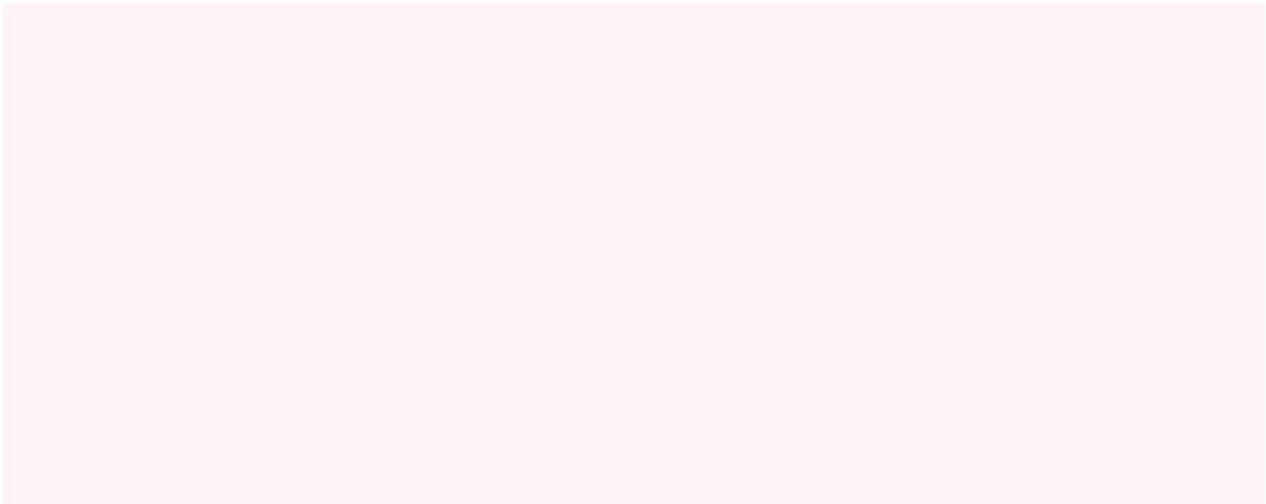
Q13. How does this reaction or loading affect my partner?



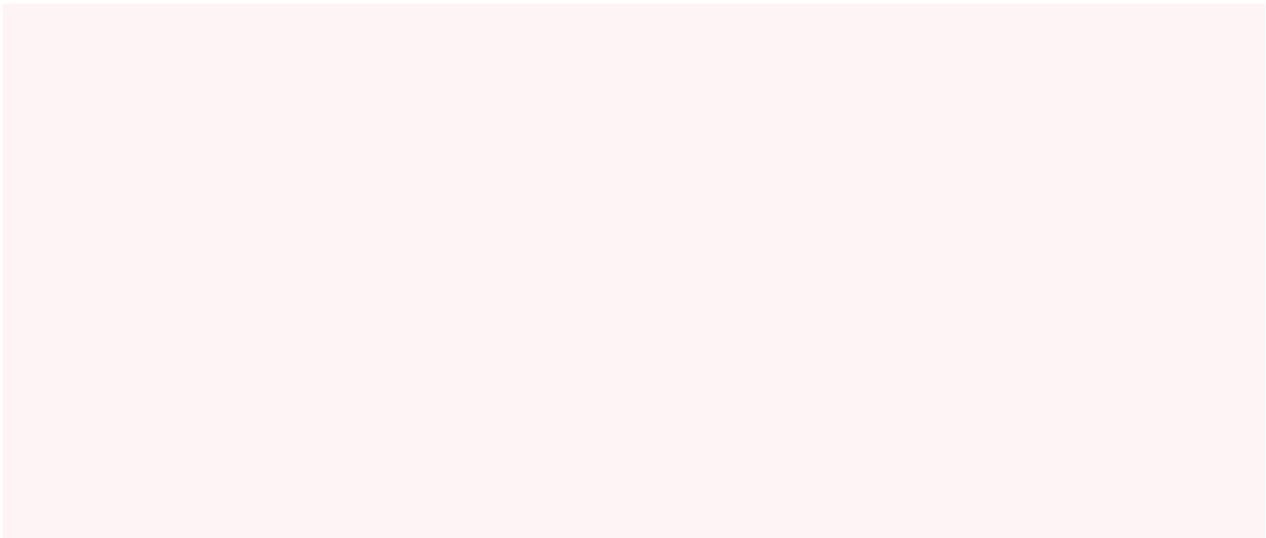
Q14. When I react, what is it I am truly feeling and / or trying to say?



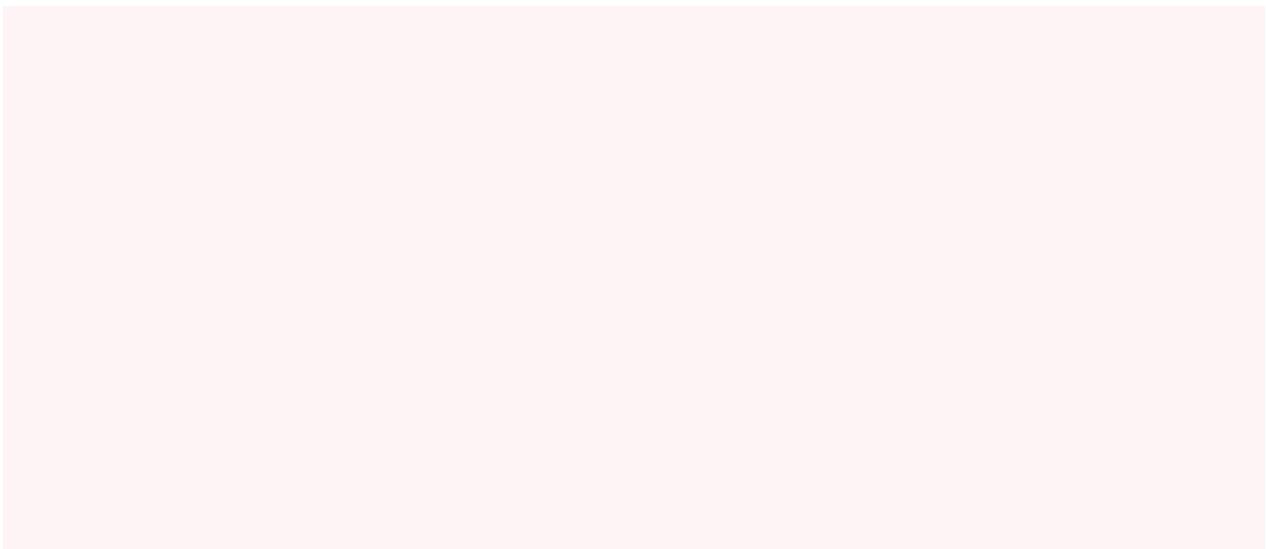
Q15. What personal qualities (inner-qualities) do I bring to my relationship? Name as many as you can and really feel how important they are. E.g. care, warmth, steadiness, joy, ect.



Q16. What personal qualities (inner-qualities) does your partner bring to the relationship?



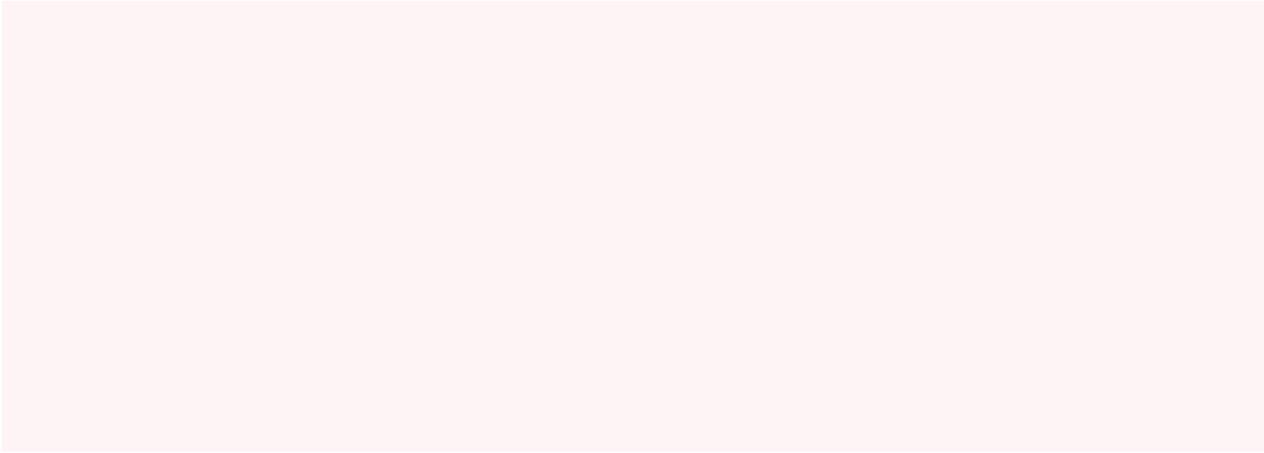
Q17. How settled do I feel within myself? Do I feel content with who I am and completely comfortable in my own skin? How does my level of self-worth affect my relationship?



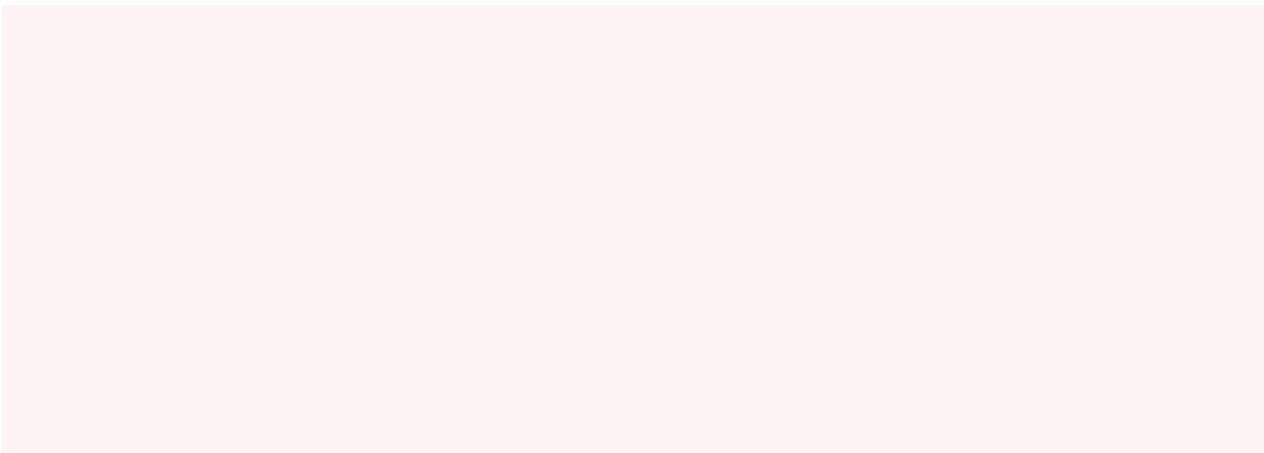
PART FOUR: WHAT AM I LEARNING?

It is much easier to deal with *difficult situations* when we feel like there is *deeper meaning* and valuable growth to gain. It also helps to put things into perspective and understand what will ultimately shift the dynamic or pattern from where it is to a truer place.

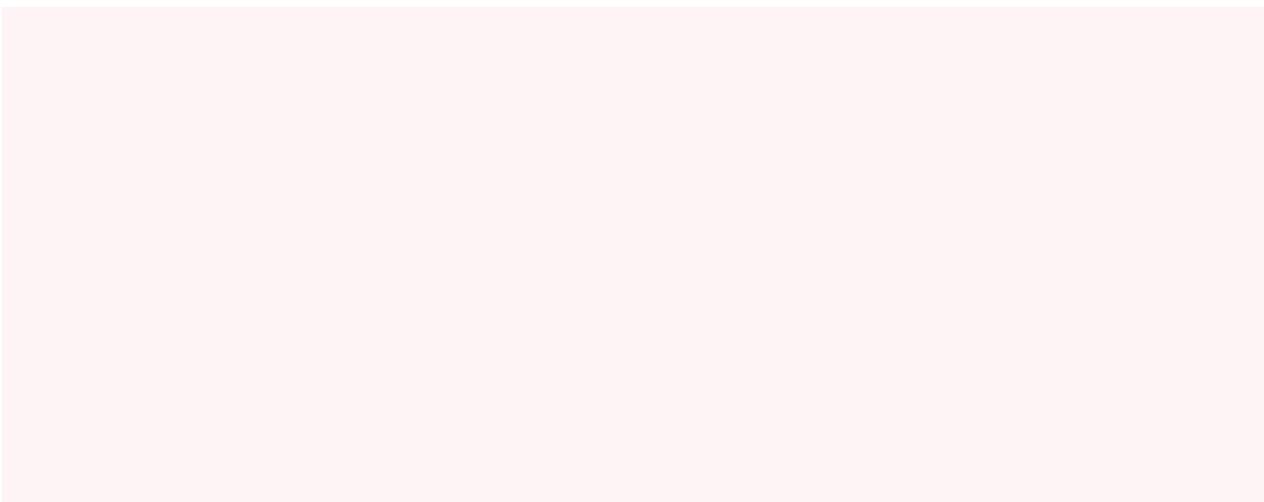
Q18. How are the challenges within my relationship growing me? What growth is needed to overcome these challenges?



Q19. How do my partner's personal qualities (inner-qualities) inspire me?



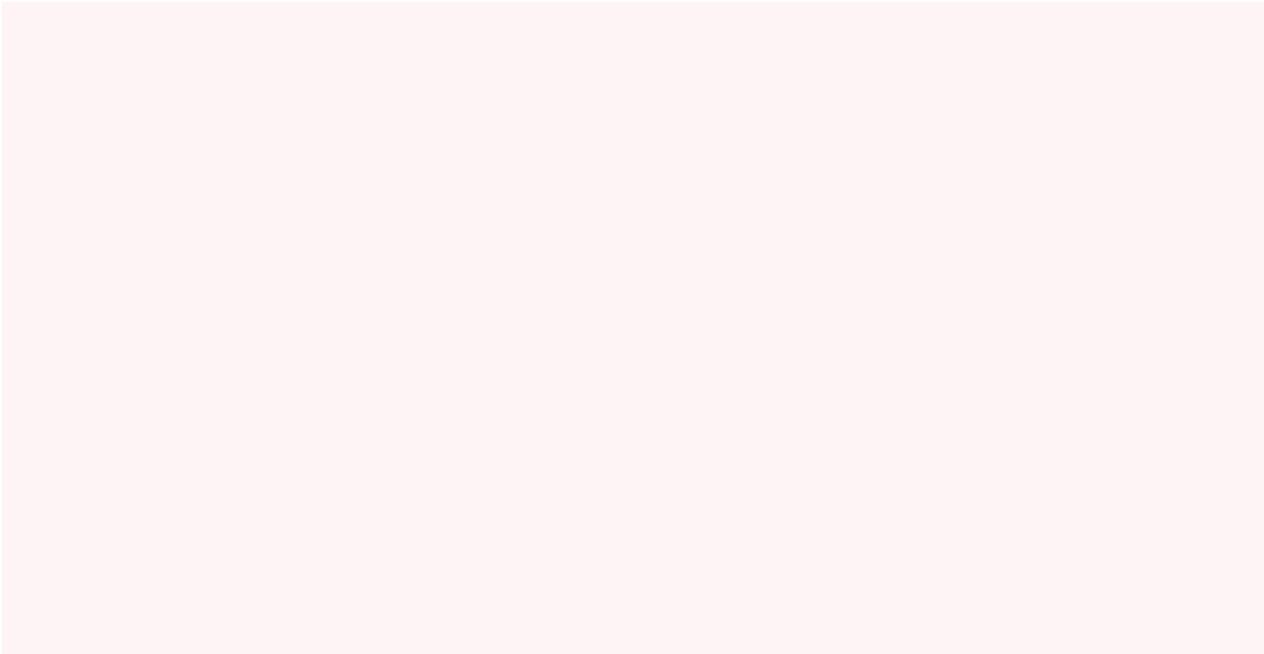
Q20. How do my inner-qualities inspire or grow my partner?



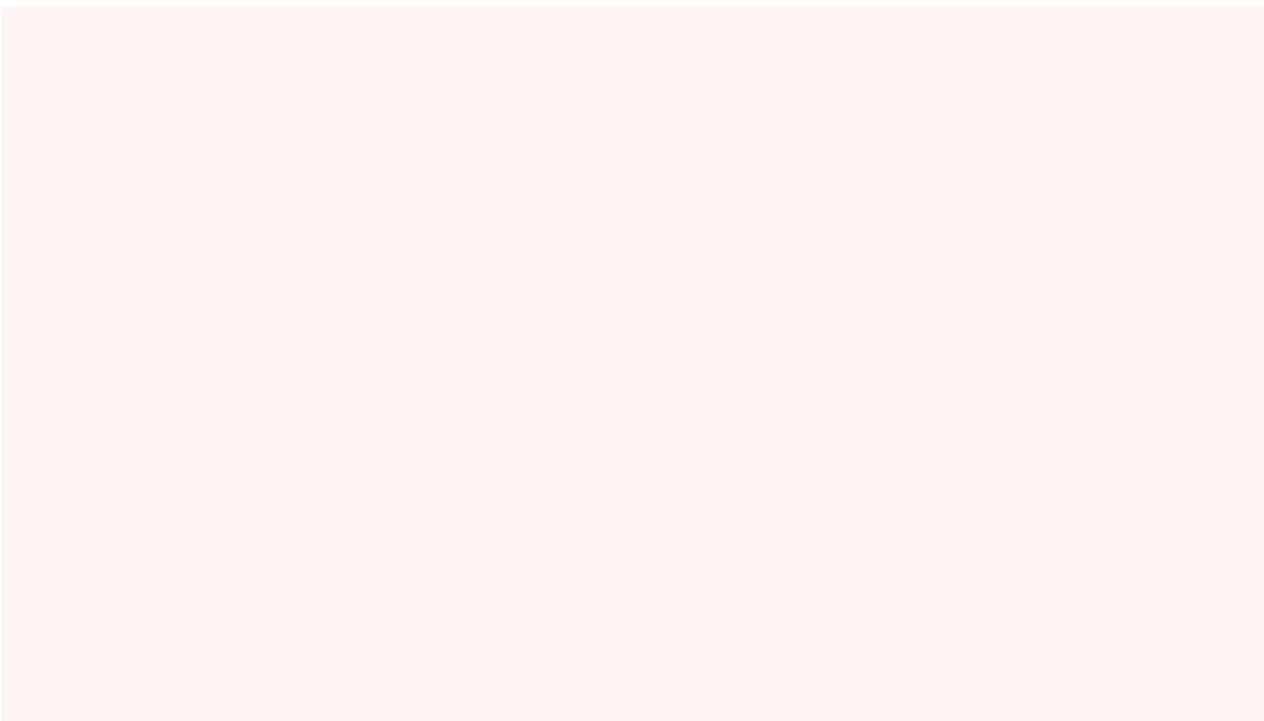
PART FIVE: WHAT IS POSSIBLE?

The reason you know there is a problem is because you know that there is something more than what you are currently living. Knowing and feeling the truth of what is possible is not only an enjoyable part of life, it is a necessity. If you don't know what is possible and therefore have a sense of what is true for you, your decisions will always be a rebound or reaction from what you don't like. By doing this exercise you are more able to have a *true deeper knowing* navigating your next steps rather than reaction jumping you from one hot frying pan to another.

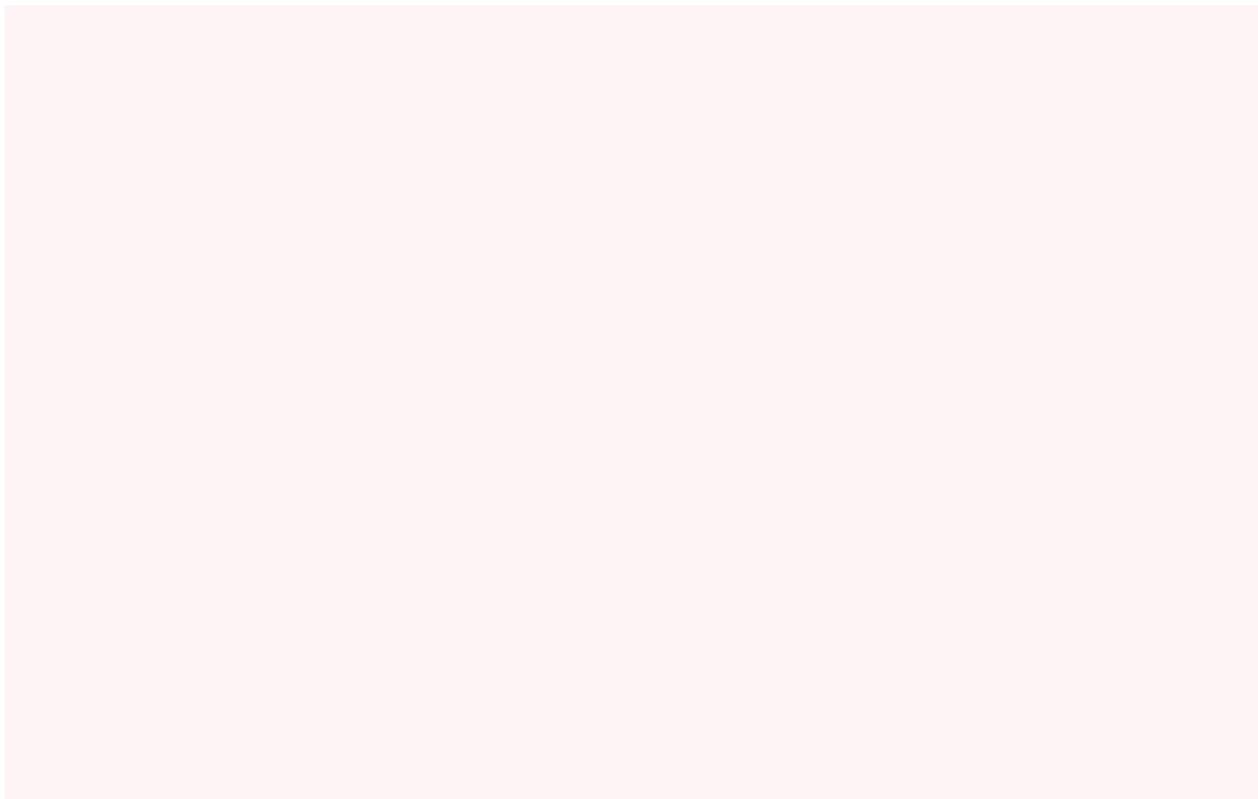
Q21. What quality of connection would I like to have with myself? How would I like to feel about myself? What does true contentment feel like for me?



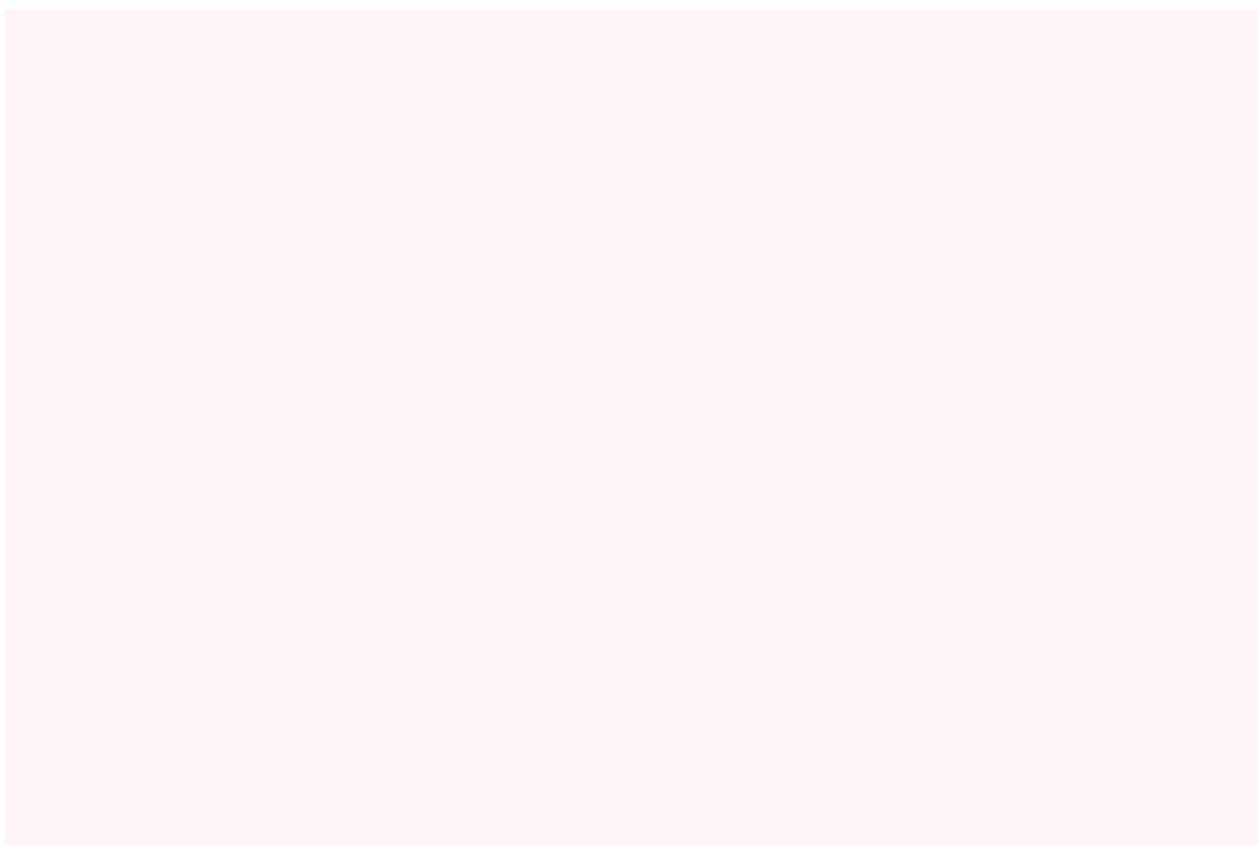
Q22. What is the quality of connection I would dearly like with my partner? How would I like us to feel when we are together?



Q23. What would a true quality of communication feel like with my partner? How would we speak? What would we share?



Q24. How would it feel to have true affection and depth within my relationship? How would physical intimacy be with more tenderness, care and connection?



Bonus Question

How much time, effort and money do I invest in my relationship? What priority do I place on it? Have I really felt the importance of my relationship and everything that is positively or negatively affected by it? Where on the list of priorities does my relationship come?

Actually write your list of priorities and see where it lands.



“When you have a sick child, you never doubt how much time, effort or money you invest in supporting them to get well. Our relationships deserve no less as they are the hub of our life and the lives of those close to us. As one of the most important parts of our life, they require care, nurturing and our complete commitment. Everyone deserves a relationship that truly inspires, enriches and forever nurtures them to be all they can be.”

Rebecca Poole

WHERE TO NEXT?

Write down 5 tips that will support you to take the next steps to improve your relationships.

LOOKING FOR MORE?

If you enjoyed completing this journal and feel ready to continue deepening your understanding of relationships, the Enriching Relationships Program might be right for you.

You can find out more information about the Enriching Relationships Program and our other Programs & Courses available, by visiting www.healthhealinglife.com or emailing us at support@healthhealinglife.com